

LSSAA Track and Field Championships 2007 - 15/05/2007 to 16/05/2007
 Sarnia Central Athletic Complex
 Results

Women 100 Meter Dash Midget

LSSAA: ! 12.50 1994 Rachel Franz, Lambton Central				
Name	Year	School	Prelims	H#
Preliminaries				
1 Prong, Kelsey		North Lambto	13.2hQ	2
2 McKelvie, Maddie		Northern Civ	13.4hQ	3
3 Harding, Sarah		Northern Civ	13.6hQ	1
4 Veens, Sarah		St Christoph	13.9hQ	1
5 Picciuca, Kristin		St Christoph	14.0hQ	2
6 Spencer, Brooke		Northern Civ	14.3hQ	3
7 Reddy, Meghan		St Christoph	14.0hq	2
8 Mellon, Gracie		North Lambto	14.1hq	1
9 Clatworthy, Kirstin		St. Patrick'	14.3h	1
10 Hill, Meghan		St. Clair SS	14.4h	1
11 McGuire, Miranda		Lambton Cent	14.4h	1
12 Minten, Christine		Lambton Cent	14.6h	3
13 Henne, Marika		Sarnia Cits	14.8h	3
14 Moore, Nichelle		St. Patrick'	15.0h	3
15 Cecchini, Alysha		St. Clair SS	15.5h	2
16 Trottier, Kristen		Lambton Cent	16.0h	2
17 Brownlee, Jennifer		Amss	16.3h	2

Women 100 Meter Dash Midget

LSSAA: ! 12.50 1994 Rachel Franz, Lambton Central				
Name	Year	School	Finals	
Finals				
1 Prong, Kelsey		North Lambto	13.1h	
2 McKelvie, Maddie		Northern Civ	13.2h	
3 Harding, Sarah		Northern Civ	13.7h	
4 Veens, Sarah		St Christoph	13.8h	
5 Reddy, Meghan		St Christoph	14.0h	
6 Mellon, Gracie		North Lambto	14.2h	
7 Spencer, Brooke		Northern Civ	14.2h	
8 Picciuca, Kristin		St Christoph	14.4h	

Women 200 Meter Dash Midget

LSSAA: ! 26.00 1998 Tara Halls, St. Clair				
Name	Year	School	Prelims	H#
Preliminaries				
1 McKelvie, Maddie		Northern Civ	27.9hQ	1
2 Prong, Kelsey		North Lambto	28.6hQ	2
3 Veens, Sarah		St Christoph	29.4hQ	3
4 Mellon, Gracie		North Lambto	29.1hQ	1
5 Sommer, Danica		St. Clair SS	29.1hQ	2
6 Picciuca, Kristin		St Christoph	29.9hQ	3
7 Spencer, Brooke		Northern Civ	29.2hq	1
8 Evers, Amy		St Christoph	29.7hq	2
9 VanLeerzem, Lauren		Lambton Cent	29.8h	1
10 Peters, Bailey		Northern Civ	30.0h	2
11 Gosselin, Dayna		St. Patrick'	30.0h	1
12 Clatworthy, Kirstin		St. Patrick'	30.4h	2
13 McPhail, Lakyn		Lambton Cent	30.8h	1
14 Lisabeth, Brianne		St. Clair SS	31.0h	3

15 Henne, Marika	Sarnia Cits	31.8h	3
16 Goldhawk, Krysta	St. Patrick'	31.8h	3
17 Keck, Kayla	Amss	33.4h	2
18 Brownlee, Jennifer	Amss	38.0h	1

Women 200 Meter Dash Midget

LSSAA: ! 26.00 1998		Tara Halls, St. Clair	
Name	Year	School	Finals

Finals

1 McKelvie, Maddie	Northern Civ	28.2h
2 Veens, Sarah	St Christoph	28.7h
3 Prong, Kelsey	North Lambto	28.8h
4 Sommer, Danica	St. Clair SS	29.1h
5 Mellon, Gracie	North Lambto	29.1h
6 Picciuca, Kristin	St Christoph	29.4h
7 Spencer, Brooke	Northern Civ	29.5h
8 Evers, Amy	St Christoph	29.7h

Women 400 Meter Dash Midget

LSSAA: ! 58.10 1998		Tara Halls, St. Clair	
Name	Year	School	Finals H#

1 Gray, Jenn	Lambton Cent	1:03.0h	3
2 Veens, Sarah	St Christoph	1:03.8h	3
3 Cartier, Jessica	St Christoph	1:04.1h	3
4 Makar, Nicole	St Christoph	J1:04.3h	1
4 Dobbin, Kelsey	Lambton Cent	1:04.3h	3
6 Gosselin, Dayna	St. Patrick'	1:05.7h	2
7 McKelvie, Maddie	Northern Civ	1:05.9h	3
8 Little, TJ	North Lambto	1:06.8h	2
9 Wilson, Amy	North Lambto	1:06.8h	3
10 Stewart, Noelle	Northern Civ	1:07.3h	3
11 Wilkins, Britney	St. Clair SS	1:07.7h	2
12 Davies, Jasmine	Northern Civ	1:08.3h	3
13 Percival, Katie	St. Clair SS	1:09.0h	2
13 Clarke, Pania	St. Patrick'	1:09.0h	2
15 VanLeerzem, Lauren	Lambton Cent	1:09.8h	2
16 Goldhawk, Krysta	St. Patrick'	1:10.8h	1
17 Keck, Kayla	Amss	1:16.0h	1

Women 800 Meter Run Midget

LSSAA: ! 2:13.60 2002		Aly Kohlmeier, St. Patrick'	
Name	Year	School	Finals H#

1 Cartier, Jessica	St Christoph	2:30.0h	2
2 Gray, Jenn	Lambton Cent	2:33.8h	2
3 Stephens, Jill	Lambton Cent	2:34.2h	2
4 Smids, Meghie	Northern Civ	2:36.6h	2
5 Dobbin, Kelsey	Lambton Cent	2:37.4h	2
6 Makar, Nicole	St Christoph	2:42.1h	1
7 Davies, Justine	Northern Civ	2:42.5h	2
8 Wilkins, Britney	St. Clair SS	2:44.6h	1
9 Davies, Jasmine	Northern Civ	2:46.1h	2
10 Clarke, Pania	St. Patrick'	2:46.5h	1
11 Devet, Vicki	St Christoph	2:49.4h	1
12 Gosselin, Dayna	St. Patrick'	2:49.7h	1
13 Shanes, Brittany	St. Clair SS	2:52.6h	2
14 Coultres, Jenna	St. Clair SS	2:56.0h	2
15 Cosford, Emily	St. Patrick'	3:01.6h	1

Women 1500 Meter Run Midget

LSSAA: ! 4:38.40 2002 Aly Kohlmeier, St. Patrick'			
Name	Year	School	Finals
1 Gray, Jenn		Lambton Cent	5:10.9h
2 Cartier, Jessica		St Christoph	5:14.4h
3 Stephens, Jill		Lambton Cent	5:22.2h
4 Davies, Justine		Northern Civ	5:30.9h
5 Ikert, Elise		Lambton Cent	5:32.9h
6 Smids, Meghie		Northern Civ	5:35.2h
7 Clarke, Pania		St. Patrick'	5:36.2h
8 Devet, Vicki		St Christoph	5:52.2h
9 Little, TJ		North Lambto	5:55.3h
10 Shanes, Brittany		St. Clair SS	5:58.4h
11 Williamson, Danielle		Northern Civ	5:59.3h
12 Coultres, Jenna		St. Clair SS	6:01.1h
13 Cosford, Emily		St. Patrick'	6:02.5h
14 Rutten, Jill		North Lambto	6:11.2h
15 Sorg, Lauren		Sarnia Cits	6:21.7h
16 Noctor, Trella		St Christoph	7:23.5h

Women 3000 Meter Run Midget

LSSAA: ! 10:15.20 1999 Nikki Reckman, Lambton Christ.			
Name	Year	School	Finals
1 Stephens, Jill		Lambton Cent	12:07.9h
2 Ikert, Elise		Lambton Cent	12:19.8h
3 Smids, Meghie		Northern Civ	12:25.2h
4 Davies, Justine		Northern Civ	12:47.7h
5 VanGorp, Cindy		Lambton Cent	13:20.2h
6 Coultres, Jenna		St. Clair SS	13:44.2h
7 Hislop, Meghan		Northern Civ	14:37.9h

Women 80 Meter Hurdles Midget

LSSAA: ! 12.20 1989 Becky Sager, Lambton Central				
Name	Year	School	Prelims	H#
Preliminaries				
1 Harding, Sarah		Northern Civ	13.1hQ	1
2 Williams, Riley		St. Clair SS	13.3hQ	2
3 Sommer, Danica		St. Clair SS	13.5hQ	2
4 Helps, Sarah		Lambton Cent	13.9hQ	1
5 Reddy, Meghan		St Christoph	13.9hQ	2
6 Stewart, Noelle		Northern Civ	14.0hQ	1
7 Percival, Katie		St. Clair SS	14.1hq	2
8 Ferguson, Carlie		Lambton Cent	14.5hq	1
9 Dent, Elizabeth		Northern Civ	14.6h	1
10 McPhail, Lakyn		Lambton Cent	15.1h	2
11 Rutten, Jill		North Lambto	17.9h	2

Women 80 Meter Hurdles Midget

LSSAA: ! 12.20 1989 Becky Sager, Lambton Central			
Name	Year	School	Finals
Finals			
1 Harding, Sarah		Northern Civ	12.7h
2 Williams, Riley		St. Clair SS	12.8h
3 Sommer, Danica		St. Clair SS	13.2h

4	Helps, Sarah	Lambton Cent	13.8h
5	Reddy, Meghan	St Christoph	13.8h
6	Ferguson, Carlie	Lambton Cent	14.0h
7	Stewart, Noelle	Northern Civ	14.0h
8	Percival, Katie	St. Clair SS	15.3h

Women 300 Meter Hurdles Midget

LSSAA: ! 46.80 1999 Ashley Morden, Lambton Central				
Name	Year	School	Finals	H#
1	Stewart, Noelle	Northern Civ	49.4h	2
2	Sommer, Danica	St. Clair SS	49.5h	2
3	Wilson, Amy	North Lambto	50.4h	2
4	Williams, Riley	St. Clair SS	51.2h	2
5	Reddy, Meghan	St Christoph	52.6h	2
6	VanLeerzem, Lauren	Lambton Cent	53.4h	2
7	Harding, Sarah	Northern Civ	53.7h	2
8	Percival, Katie	St. Clair SS	54.1h	2
9	Dobbin, Kelsey	Lambton Cent	54.3	1
10	Ruzik, Chelsea	Northern Civ	54.6h	1
11	VanPraet, Paige	Lambton Cent	58.3h	1
12	Devet, Vicki	St Christoph	58.7h	1
13	Rutten, Jill	North Lambto	1:01.4h	1

Women 4x100 Meter Relay Midget

LSSAA: ! 51.90 1994 Lambton Central				
School			Finals	H#
1	Northern C I & V S 'A'		52.6h	2
	1) Davies, Jasmine	2) Stewart, Noelle		
	3) Harding, Sarah	4) McKelvie, Maddie		
2	North Lambton S S 'A'		53.3h	2
	1) Little, TJ	2) Mellon, Gracie		
	3) Wilson, Amy	4) Prong, Kelsey		
3	St. Christopher S S 'A'		55.1h	2
	1) Evers, Amy	2) Picciuca, Kristin		
	3) Reddy, Meghan	4) Veens, Sarah		
4	Northern C I & V S 'B'		55.1h	2
	1) Ruzik, Chelsea	2) Spencer, Brooke		
	3) Dent, Elizabeth	4) Peters, Bailey		
5	Lambton Central C & V I 'B'		55.6h	2
	1) Minten, Christine	2) Dobbin, Kelsey		
	3) Deboer, Mindy	4) VanLeerzem, Lauren		
6	St. Clair S S 'A'		56.0h	2
	1) Hill, Meghan	2) Lisabeth, Brianne		
	3) Williams, Riley	4) Sommer, Danica		
7	St. Christopher S S 'B'		56.6h	1
	1) Clark, Lindsay	2) Devet, Vicki		
	3) Makar, Nicole	4) Carrothers, Amanda		
8	Northern C I & V S 'C'		58.5h	1
	1) Hiemstra, Aryanna	2) Young, Allison		
	3) Graham, Jenna	4) Robertson, Sarah		
9	Lambton Central C & V I 'C'		58.6h	1
	1) Trottier, Kristen	2) Harris, Teresa		
	3) Ferguson, Carlie	4) Aarsen, Danielle		
--	Lambton Central C & V I 'A'		DNF	2
	1) McGuire, Miranda	2) Helps, Sarah		
	3) McPhail, Lakyn	4) Gray, Jenn		

Women High Jump Midget

LSSAA: ! 1.67m 2000 Lindsey DeGroot, St. Christopher
Name Year School Finals

1	Williams, Riley	St. Clair SS	1.50m
2	Dally, Laura	Northern Civ	1.43m
3	Clark, Lindsay	St Christoph	1.35m
4	Ferguson, Carlie	Lambton Cent	J1.35m
4	Griffin, Lisa	Amss	J1.35m
6	Minten, Jillian	St Christoph	J1.35m
7	Thompson, Kiersten	Sarnia Cits	J1.35m
8	Ferreira, Jacquie	Northern Civ	1.30m
8	McPhail, Lakyn	Lambton Cent	1.30m
9	Elliott, Jessie	Sarnia Cits	J1.30m
10	Harris, Teresa	Lambton Cent	J1.30m
12	Keck, Kayla	Amss	1.25m
--	Duncan, Meghan	Northern Civ	NH

Women Long Jump Midget

LSSAA: ! 5.09m 2000 Sarah Nelson, Northern
Name Year School Finals

1	Clark, Lindsay	St Christoph	4.38m
2	Helps, Sarah	Lambton Cent	J4.38m
3	Griffin, Lisa	Amss	4.24m
4	Harris, Teresa	Lambton Cent	4.15m
5	Hill, Meghan	St. Clair SS	4.14m
6	Clatworthy, Kirstin	St. Patrick'	4.11m
7	Deboer, Mindy	Lambton Cent	4.04m
8	Johnson, Mariah	Northern Civ	4.01m
9	Lisabeth, Brianne	St. Clair SS	3.88m
10	Young, Allison	Northern Civ	3.51m
11	Bucci, Erica	St Christoph	3.42m
12	Robertson, Sarah	Northern Civ	3.34m
13	Henne, Marika	Sarnia Cits	3.24m
13	Elliott, Jessie	Sarnia Cits	3.24m
15	Minten, Jillian	St Christoph	3.02m
16	Brownlee, Jennifer	Amss	2.35m

Women Triple Jump Midget

LSSAA: ! 10.82m 2000 Sarah Nelson, Northern
Name Year School Finals

1	Prong, Kelsey	North Lambto	9.99m
2	Johnson, Mariah	Northern Civ	9.65m
3	Wilson, Amy	North Lambto	9.63m
4	Helps, Sarah	Lambton Cent	9.61m
5	Deboer, Mindy	Lambton Cent	9.59m
6	Lisabeth, Brianne	St. Clair SS	9.35m
7	Robertson, Sarah	Northern Civ	9.31m
8	Harris, Teresa	Lambton Cent	9.23m
9	Hill, Meghan	St. Clair SS	8.63m
10	Little, TJ	North Lambto	8.49m
11	Cecchini, Alysha	St. Clair SS	8.08m
12	Bucci, Erica	St Christoph	8.01m
13	Young, Allison	Northern Civ	7.44m
14	Noctor, Trella	St Christoph	7.07m

Women Shot Put Midget

LSSAA: ! 10.85m 1989 Emily AInsworth, SCITS
Name Year School Finals

1	Athanasopoulos, Sia	St Christoph	9.42m
2	Service, Ciji	St. Patrick'	8.98m
3	Miller, Jessika	Northern Civ	8.58m
4	Luker, Carrissa	Lambton Cent	8.47m
5	Jusi, Ren	St. Patrick'	7.69m
6	Ross, Taylor	Northern Civ	7.41m
7	Carrothers, Amanda	St Christoph	7.33m
8	Colbran, Kiersten	Northern Civ	7.24m
9	McGuire, Miranda	Lambton Cent	6.75m
10	Courchene, Katie	Lambton Cent	6.74m
11	Savage, Vanessa	St Christoph	6.16m

Women Discus Throw Midget

LSSAA: ! 32.70m 1998		Danielle Sabourin, St. Christopher	
Name	Year	School	Finals
1	Miller, Jessika	Northern Civ	24.40m
2	Service, Ciji	St. Patrick'	24.33m
3	Colbran, Kiersten	Northern Civ	23.96m
4	Luker, Carrissa	Lambton Cent	23.64m
5	Henry, Kelsey	St Christoph	22.73m
6	Jusi, Ren	St. Patrick'	21.52m
7	Carrothers, Amanda	St Christoph	21.02m
8	Graham, Jenna	Northern Civ	19.50m
9	Courchene, Katie	Lambton Cent	19.07m
10	Mills, Jenn	St Christoph	14.96m
11	Holmes, Angie	Sarnia Cits	13.85m
12	Ferguson, Charlie	Lambton Cent	13.78m

Women Javelin Throw Midget

LSSAA: ! 36.08m 1998		Danielle Sabourin, St. Christopher	
Name	Year	School	Finals
1	Service, Ciji	St. Patrick'	27.85m
2	Henry, Kelsey	St Christoph	26.92m
3	Graham, Jenna	Northern Civ	25.26m
4	Luker, Carrissa	Lambton Cent	24.34m
5	Johnson, Mariah	Northern Civ	22.87m
6	Savage, Vanessa	St Christoph	21.67m
7	Jusi, Ren	St. Patrick'	19.42m
8	Minten, Christine	Lambton Cent	17.42m
9	Cecchini, Alysha	St. Clair SS	16.48m
10	Jenniskens, Lauren	Lambton Cent	14.10m
11	Mills, Jenn	St Christoph	14.08m
--	Colbran, Kiersten	Northern Civ	FOUL

Women 100 Meter Dash Junior

LSSAA: ! 12.00 1978		Carolyn Ellenor, Northern	
Name	Year	School	Prelims H#
Preliminaries			
1	Brown, Charlene	Lambton Cent	13.4hQ 2
2	Sokol, Julie	St. Patrick'	13.6hQ 3
3	Morrison, Jayden	North Lambto	13.6hQ 1
4	Hogan, Kelly	St. Patrick'	13.7hQ 1
5	Spinozzi, Jenn	St Christoph	13.8hQ 3
6	Mellon, Jamie	Northern Civ	13.9hQ 2
7	Moran, Shauna	St. Patrick'	14.0q 3
8	Vandenburtg, Emily	Lambton Cent	14.1hq 3

9	Rate, Jasmine	Lambton Cent	14.1h	1
10	Clarke, Hillary	Northern Civ	14.1h	1
11	Nutt, Tracy	Amss	14.2h	1
12	Walker, Shelby	St Christoph	14.3h	2
13	McLachlin, Meagan	Northern Civ	14.8h	3
14	Murphy, Hannah	Sarnia Cits	15.0h	2
15	Lailvaux, Stephanie	St-Francois Xavi	15.6h	2
16	Cain, Sydney	Sarnia Cits	15.6h	2
17	Karuhanga, Angela	St Christoph	15.7h	1
18	Chapman, Jaycy	Amss	16.0h	3

Women 100 Meter Dash Junior

LSSAA: ! 12.00 1978		Carolyn Ellenor, Northern		
Name	Year	School	Finals	
=====				
Finals				
1	Brown, Charlene	Lambton Cent	13.4h	
2	Morrison, Jayden	North Lambto	13.4h	
3	Hogan, Kelly	St. Patrick'	13.5h	
4	Spinozzi, Jenn	St Christoph	13.6h	
5	Sokol, Julie	St. Patrick'	13.9h	
6	Moran, Shauna	St. Patrick'	14.0h	
7	Mellon, Jamie	Northern Civ	14.0h	
8	Vandenburtg, Emily	Lambton Cent	14.2h	

Women 200 Meter Dash Junior

LSSAA: ! 25.40 1970		Debbie Boylan, Northern			
Name	Year	School	Prelims	H#	
=====					
Preliminaries					
1	Morrison, Jayden	North Lambto	28.7hQ	2	
2	Sokol, Julie	St. Patrick'	28.8hQ	1	
3	Spinozzi, Jenn	St Christoph	29.2hQ	1	
4	Andrew, Heather	Lambton Cent	29.9hQ	2	
5	Deshutter, Jenna	Lambton Cent	29.8hQ	1	
6	Mellon, Jamie	Northern Civ	30.4hQ	2	
7	Clarke, Hillary	Northern Civ	30.1hq	1	
8	Cobb, Rebecca	St. Patrick'	30.3hq	1	
9	Rate, Jasmine	Lambton Cent	30.4h	1	
10	Nutt, Tracy	Amss	30.9h	2	
11	Murphy, Hannah	Sarnia Cits	31.6h	2	
12	Snieder, Angela	Northern Civ	31.8h	1	
13	Boccanfuso, Lauren	St. Patrick'	32.0h	2	
14	Chapman, Jaycy	Amss	33.5h	2	
15	Cain, Sydney	Sarnia Cits	34.1h	2	

Women 200 Meter Dash Junior

LSSAA: ! 25.40 1970		Debbie Boylan, Northern		
Name	Year	School	Finals	
=====				
Finals				
1	Morrison, Jayden	North Lambto	27.7h	
2	Sokol, Julie	St. Patrick'	27.9h	
3	Andrew, Heather	Lambton Cent	28.1h	
4	Spinozzi, Jenn	St Christoph	28.5h	
5	Deshutter, Jenna	Lambton Cent	28.8h	
6	Mellon, Jamie	Northern Civ	28.9h	
7	Cobb, Rebecca	St. Patrick'	29.5h	
8	Clarke, Hillary	Northern Civ	29.9h	

Women 400 Meter Dash Junior

LSSAA: ! 57.20 1998		Jordan Whittington, St. Christopher		
Name	Year	School	Finals	H#
1	Vanos, Danielle	North Lambto	1:02.4h	2
2	Sokol, Julie	St. Patrick'	1:04.9h	2
3	Hoefnagels, Courtney	Lambton Cent	1:09.3h	1
4	Gillespie, Katie	Lambton Cent	1:09.4h	2
5	Hogan, Kelly	St. Patrick'	1:10.7h	1
6	Rate, Jasmine	Lambton Cent	1:10.8h	2
7	Mellon, Jamie	Northern Civ	1:12.3h	2
8	Snieder, Angela	Northern Civ	1:14.7h	2
9	Boccanfuso, Lauren	St. Patrick'	1:15.4h	2
10	Nasr, Morgan	Northern Civ	1:17.3h	1

Women 800 Meter Run Junior

LSSAA: ! 2:14.00 1998		Jordana Whittington, St. Christopher		
Name	Year	School	Finals	H#
1	M'Larkey, Erin	Northern Civ	2:32.1h	2
2	Vanos, Danielle	North Lambto	2:37.0h	2
3	Lundy, Courtney	St. Clair SS	2:38.0h	2
4	Kohlmeier, Kristin	St. Patrick'	2:39.6h	2
5	Dilling, Samantha	Sarnia Cits	2:40.4h	2
6	VanRiel, Jaime	North Lambto	2:46.0h	1
7	Gillespie, Katie	Lambton Cent	2:46.3h	2
8	Nelles, Jill	Sarnia Cits	2:59.0h	2
9	Scudamore, Kristine	Northern Civ	2:59.0h	1
10	McFadden, Christina	Northern Civ	3:00.5h	1
11	VanErp, Nicole	Lambton Cent	3:17.5h	1
12	White, Carissa	Lambton Cent	3:44.3h	1

Women 1500 Meter Run Junior

LSSAA: ! 4:33.90 2003		Aly Kohlmeier, St. Patrick'		
Name	Year	School	Finals	
1	M'Larkey, Erin	Northern Civ	5:05.5h	
2	Korosec, Rachel	St Christoph	5:08.3h	
3	Dilling, Samantha	Sarnia Cits	5:28.9h	
4	Kohlmeier, Kristin	St. Patrick'	5:34.4h	
5	Simard, Brandi	Northern Civ	5:38.3h	
6	Holmes, Jamie	St. Clair SS	5:41.5h	
7	VanRiel, Jaime	North Lambto	5:42.2h	
8	Walker, Haley	Northern Civ	5:42.7h	
9	Nelles, Jill	Sarnia Cits	6:00.9h	
10	VanErp, Nicole	Lambton Cent	6:10.3h	
11	McGregor, Alexa	Lambton Cent	6:17.0h	

Women 3000 Meter Run Junior

LSSAA: ! 9:49.10 2001		Amy Kohlmeier, St. Patrick's		
Name	Year	School	Finals	
1	M'Larkey, Erin	Northern Civ	11:32.6h	
2	Lundy, Courtney	St. Clair SS	11:46.9h	
3	Korosec, Rachel	St Christoph	12:03.2h	
4	Holmes, Jamie	St. Clair SS	12:59.9h	
5	Simard, Brandi	Northern Civ	13:09.7h	
6	Walker, Haley	Northern Civ	13:56.2h	
7	VanErp, Nicole	Lambton Cent	14:07.3h	

8 White, Carissa

Lambton Cent

17:48.0h

Women 80 Meter Hurdles Junior

LSSAA: ! 11.70 1990 Becky Sager, Lambton Central				
Name	Year	School	Prelims	H#
Preliminaries				
1 Lamb, Colleen		St. Patrick'	13.5hQ	1
2 Lebert, Laura		Lambton Cent	13.7hQ	2
3 Poirier, Mallory		Northern Civ	13.6hQ	1
4 Brown, Cassie		St. Clair SS	14.6hQ	2
5 Andrew, Heather		Lambton Cent	14.8hQ	2
6 Wright, Callie		Northern Civ	14.8hQ	1
7 Moran, Shauna		St. Patrick'	14.9hq	2
8 Vandenburgt, Emily		Lambton Cent	15.0hq	1

Women 80 Meter Hurdles Junior

LSSAA: ! 11.70 1990 Becky Sager, Lambton Central				
Name	Year	School	Finals	
Finals				
1 Lebert, Laura		Lambton Cent	13.4h	
2 Poirier, Mallory		Northern Civ	14.4h	
3 Lamb, Colleen		St. Patrick'	14.4h	
4 Wright, Callie		Northern Civ	14.6h	
5 Brown, Cassie		St. Clair SS	14.8h	
6 Andrew, Heather		Lambton Cent	15.0h	
7 Moran, Shauna		St. Patrick'	15.3h	
8 Vandenburgt, Emily		Lambton Cent	15.6h	

Women 300 Meter Hurdles Junior

LSSAA: ! 45.30 1990 Becky Sager, Lambton Central				
Name	Year	School	Finals	
1 Vanos, Danielle		North Lambto	48.5h	
2 Poirier, Mallory		Northern Civ	51.3	
3 Lebert, Laura		Lambton Cent	52.8	
4 Hoefnagels, Courtney		Lambton Cent	53.3h	
5 Andrew, Heather		Lambton Cent	53.3h	
6 Barker, Sarah		Northern Civ	54.5	
7 Stewart, Kenya		Northern Civ	54.7h	

Women 4x100 Meter Relay Junior

LSSAA: ! 50.40 2002 Northern C I & V S, Northern CIV				
School	Year	School	Finals	H#
1 St. Patrick's H S	'A'		53.5h	2
1) Cobb, Rebecca		2) Hogan, Kelly		
3) Lamb, Colleen		4) Sokol, Julie		
2 Lambton Central C & V I	'B'		54.3h	2
1) Brown, Charlene		2) Vandenburgt, Emily		
3) Broad, Kendra		4) Lebert, Laura		
3 Lambton Central C & V I	'A'		54.5h	2
1) Hoefnagels, Courtney		2) Andrew, Heather		
3) Deshutter, Jenna		4) Rate, Jasmine		
4 North Lambton S S	'A'		55.2h	2
1) Kerrigan, Karla		2) Morrison, Jayden		
3) Vanos, Danielle		4) VanRiel, Jaime		
5 Northern C I & V S	'A'		55.4h	2

1) Poirier, Mallory	2) Mellon, Jamie		
3) Stewart, Kenya	4) Clarke, Hillary		
6 St. Patrick's H S 'B'		55.8h	2
1) Boccanfuso, Lauren	2) Conroy, Sara		
3) Moran, Shauna	4) Volrath, Leah		
7 Northern C I & V S 'B'		57.0	1
1) Bell, Chelsea	2) Barker, Sarah		
3) McLachlin, Meagan	4) Snieder, Angela		
8 St. Clair S S 'A'		57.2h	2
1) Brown, Cassie	2) Lundy, Courtney		
3) Wilkins, Britney	4) Newman, Tara		
9 Lambton Central C & V I 'C'		59.0h	1
1) VanPraet, Paige	2) Moore, Larissa		
3) Syer, Felicia	4) McFadden, Brenna		

Women High Jump Junior

LSSAA: ! 1.70m 1999 Shannon O'Hagan, St. Patrick's			
Name	Year	School	Finals
1 Gladu, Gillian		Lambton Cent	1.48m
2 Coles, Christine		Northern Civ	1.45m
3 Lamb, Colleen		St. Patrick'	J1.45m
4 Barnes, Kate		Lambton Cent	J1.45m
5 Wagenaar, Lynnae		Lambton Cent	1.30m
6 Stewart, Kenya		Northern Civ	J1.30m
-- Smith, Allyx		Northern Civ	NH

Women Long Jump Junior

LSSAA: ! 5.29m 2002 Sarah Nelson, Northern CIV			
Name	Year	School	Finals
1 Sanders, Kaitlyn		Lambton Cent	4.50m
2 Lamb, Colleen		St. Patrick'	4.34m
3 Brown, Cassie		St. Clair SS	4.32m
4 Conroy, Sara		St. Patrick'	4.28m
5 Cobb, Rebecca		St. Patrick'	4.22m
6 Poirier, Mallory		Northern Civ	4.11m
7 Walker, Shelby		St Christoph	4.03m
8 Ladanchuk, Vanessa		St Christoph	4.00m
9 Brown, Charlene		Lambton Cent	3.92m
10 Broad, Kendra		Lambton Cent	3.77m
11 McLachlin, Meagan		Northern Civ	3.54m
12 Chapman, Jaycy		Amss	3.46m
13 Lailvaux, Stephanie		St-Francois Xavi	3.24m
14 Wales, Kendal		Northern Civ	2.89m

Women Triple Jump Junior

LSSAA: ! 11.28m 2002 Sarah Nelson, Northern CIV			
Name	Year	School	Finals
1 Brown, Cassie		St. Clair SS	9.73m
2 Conroy, Sara		St. Patrick'	9.69m
3 Morrison, Jayden		North Lambto	9.52m
4 Walker, Shelby		St Christoph	9.37m
5 Cobb, Rebecca		St. Patrick'	9.33m
6 Broad, Kendra		Lambton Cent	9.16m
7 Galvin, Devin		St. Patrick'	8.79m
8 Cain, Sydney		Sarnia Cits	7.91m
9 Syer, Felicia		Lambton Cent	7.60m
10 Armstrong, Lauren		Lambton Cent	7.47m

11 Stewart, Kenya Northern Civ 7.46m

Women Shot Put Junior

LSSAA: ! 11.91m 2001		Ashley Camden, St. Patrick's	
Name	Year	School	Finals
1 Sanders, Kaitlyn		Lambton Cent	10.93m
2 Holmes, Tiffany		Sarnia Cits	10.06m
3 Saar, Katlyn		Northern Civ	9.03m
4 Brown, Charlene		Lambton Cent	8.80m
5 Newman, Tara		St. Clair SS	8.06m
6 Williams, Sara		St. Clair SS	7.62m
7 Kilmer, Rochelle		Northern Civ	6.87m
8 McGill, Brooke		St. Patrick'	6.61m
9 McGregor, Alexa		Lambton Cent	6.51m
10 DaPonte, Chantal		St Christoph	6.15m

Women Discus Throw Junior

LSSAA: ! 36.03m 2000		Danielle Sabourin, St. Christopher	
Name	Year	School	Finals
1 Sanders, Kaitlyn		Lambton Cent	30.56m
2 Humphreys, Conchita		St. Patrick'	23.89m
3 Ladanchuk, Vanessa		St Christoph	21.97m
4 Holmes, Tiffany		Sarnia Cits	21.92m
5 Saar, Katlyn		Northern Civ	21.40m
6 Haight, Heather		St Christoph	21.39m
7 Bremner, Alyssa		Northern Civ	20.61m
8 McGregor, Alexa		Lambton Cent	20.03m
9 Rondinelli, Melissa		St Christoph	19.84m
10 Williams, Sara		St. Clair SS	19.00m
11 Stokes, Alyssa		Lambton Cent	18.66m
12 Newman, Tara		St. Clair SS	17.70m
13 Wales, Kendal		Northern Civ	17.46m

Women Javelin Throw Junior

LSSAA: ! 39.26m 1977		Sandra O'Connor, SCITS	
Name	Year	School	Finals
1 Humphreys, Conchita		St. Patrick'	31.41m
2 Moran, Shauna		St. Patrick'	26.82m
3 Janson, Heidi		St Christoph	25.41m
4 Ladanchuk, Vanessa		St Christoph	24.18m
5 Williams, Sara		St. Clair SS	22.86m
6 Kerrigan, Karla		North Lambto	21.47m
7 Haight, Heather		St Christoph	21.15m
8 Stokes, Alyssa		Lambton Cent	20.91m
9 McGill, Brooke		St. Patrick'	20.59m
10 Woodrow, Jessica		Northern Civ	20.16m
11 Armstrong, Lauren		Lambton Cent	18.62m
12 Arbour, Danielle		Northern Civ	17.85m

Women 100 Meter Dash Senior

LSSAA: ! 12.20 2003		Sarah Nelson, Northern CIV	
LSSAA: ! 12.30 1986		Sue McPhail, St. Clair	
Name	Year	School	Prelims H#

Preliminaries

1 Taylor, Sarah St Christoph 12.9hQ 1

2	Straatman, Alyssa	Lambton Cent	13.3hQ	2
3	Schenk, Jessie	Northern Civ	13.4hQ	1
4	Withers, Jenn	Northern Civ	13.6hQ	2
5	Murphy, Katie	St Christoph	13.8hQ	2
6	Willems, Kristie	St Christoph	14.0hQ	1
7	Thomson, Krystal	Lambton Cent	14.3hq	1
7	Harding, Paige	Northern Civ	14.3hq	2
9	Ventresca, Christine	St. Patrick'	16.4h	2

Women 100 Meter Dash Senior

=====				
	LSSAA: ! 12.20	2003	Sarah Nelson, Northern CIV	
	LSSAA: ! 12.30	1986	Sue McPhail, St. Clair	
	Name	Year School	Finals	
=====				

Finals

1	Taylor, Sarah	St Christoph	12.8h	
2	Straatman, Alyssa	Lambton Cent	13.4h	
3	Withers, Jenn	Northern Civ	13.4h	
4	Schenk, Jessie	Northern Civ	13.7h	
5	Harding, Paige	Northern Civ	13.8h	
6	Murphy, Katie	St Christoph	13.9h	
7	Willems, Kristie	St Christoph	14.1h	
8	Thomson, Krystal	Lambton Cent	14.2h	

Women 200 Meter Dash Senior

=====				
	LSSAA: ! 25.90	2006	Sarah Taylor, St Christoph	
	Name	Year School	Prelims	H#
=====				

Preliminaries

1	Taylor, Sarah	St Christoph	27.8hQ	2
2	Pickering, Marianne	St Christoph	28.1hQ	1
3	Hislop, Dana	Northern Civ	27.9hQ	2
4	Payne, Adrienne	Sarnia Cits	28.5hQ	1
5	Harding, Paige	Northern Civ	29.0hQ	2
6	VanVeller, Amy	Northern Civ	29.1Q	1
7	Murphy, Katie	St Christoph	29.3hq	2
8	Cadwallader, Ali	Sarnia Cits	29.8hq	1
9	Helps, Cassie	Lambton Cent	30.0h	2
10	Taylor, Justine	St. Patrick'	33.8h	2

Women 200 Meter Dash Senior

=====				
	LSSAA: ! 25.90	2006	Sarah Taylor, St Christoph	
	Name	Year School	Finals	
=====				

Finals

1	Taylor, Sarah	St Christoph	27.1h	
2	Hislop, Dana	Northern Civ	27.2h	
3	Payne, Adrienne	Sarnia Cits	27.4h	
4	Pickering, Marianne	St Christoph	28.5h	
5	VanVeller, Amy	Northern Civ	28.6h	
6	Harding, Paige	Northern Civ	28.8h	
7	Cadwallader, Ali	Sarnia Cits	30.0h	
8	Murphy, Katie	St Christoph	30.8h	

Women 400 Meter Dash Senior

=====				
	LSSAA: ! 57.90	1997	Erin Brand, Lambton Central	
	Name	Year School	Finals	H#
=====				
1	Hislop, Dana	Northern Civ	1:00.8h	2

2	Pickering, Marianne	St Christoph	1:01.6h	2
3	Taylor, Sarah	St Christoph	1:03.9h	2
4	Harding, Paige	Northern Civ	1:06.2h	2
5	VanKlaveren, Rachel	Lambton Cent	1:07.2h	2
6	Burchmore, Jacqueline	Northern Civ	1:10.1h	2
7	Taylor, Justine	St. Patrick'	1:12.2h	1
8	Gillatly, Riley	North Lambto	1:13.2h	1
9	Willems, Kristie	St Christoph	1:13.3h	2
10	Neely, Karlie	St. Patrick'	1:17.9h	1

Women 800 Meter Run Senior

=====				
LSSAA: ! 2:11.10 1997 Erin Brand, Lambton Central				
Name	Year	School	Finals	H#
=====				
1	Cadwallader, Haley	Sarnia Cits	2:25.4h	2
2	Pickering, Marianne	St Christoph	2:27.8h	2
3	Smith, Shawna	Lambton Cent	2:39.5h	2
4	VandenEnden, Kristyn	St. Patrick'	2:39.7h	2
5	DiFruscia, Heather	St. Patrick'	2:40.0h	2
6	Varsava, Johanna	St Christoph	2:45.0h	2
7	Crate, Ashley	Northern Civ	2:46.2h	1
8	Wilson, Katelyn	North Lambto	2:49.8h	1
9	Smith, Amanda	St Christoph	2:50.7h	1
10	Williamson, Hillary	Northern Civ	2:51.0h	2
11	Gillatly, Riley	North Lambto	2:51.4h	1
12	Brohart, Courtney	St. Clair SS	2:52.1h	1
13	Burchmore, Jacqueline	Northern Civ	2:55.9h	1
--	Van Den Corput, Virgie	Lambton Cent	DNF	2

Women 1500 Meter Run Senior

=====				
LSSAA: ! 4:36.30 2000 Hilary Edmondson, St. Christopher				
Name	Year	School	Finals	
=====				
1	Cadwallader, Haley	Sarnia Cits	5:10.4h	
2	DiFruscia, Heather	St. Patrick'	5:16.4h	
3	Aarssen, Shaylin	St Christoph	5:30.6h	
4	Wong, Kim	St Christoph	5:32.8h	
5	Crate, Ashley	Northern Civ	5:33.5h	
6	Van Den Corput, Virgie	Lambton Cent	5:43.0h	
7	Smith, Shawna	Lambton Cent	5:47.2h	
8	Brohart, Courtney	St. Clair SS	5:49.5h	
9	Wilson, Katelyn	North Lambto	5:54.7h	
10	Walker, Mackenzie	Northern Civ	5:58.4h	
11	McMurphy, Jillian	Lambton Cent	6:14.1h	
12	Smith, Kathryn	St. Patrick'	6:22.2h	

Women 3000 Meter Run Senior

=====				
LSSAA: ! 9:53.10 2000 Hilary Edmondson, St. Christopher				
Name	Year	School	Finals	
=====				
1	Aarssen, Shaylin	St Christoph	12:40.2h	
2	Crate, Ashley	Northern Civ	12:49.4h	
3	Van Den Corput, Virgie	Lambton Cent	13:00.9h	
4	Wong, Kim	St Christoph	13:13.5h	
5	McNair, Madeline	St Christoph	13:28.5h	
6	McMurphy, Jillian	Lambton Cent	14:07.3h	
--	Smith, Kathryn	St. Patrick'	DNF	
--	Walker, Mackenzie	Northern Civ	DNF	

Women 100 Meter Hurdles Senior

LSSAA: ! 15.10 1992			
Name	Year	School	Finals
Becky Sager, Lambton Central			
1 Payne, Adrienne		Sarnia Cits	14.9h!
2 Helps, Cassie		Lambton Cent	16.0h
3 VanVeller, Amy		Northern Civ	17.5h
4 Thompson, Amanda		St Christoph	18.5h
5 Thomson, Krystal		Lambton Cent	18.9h
6 Barnes, Alicia		Lambton Cent	19.0h
7 Blyzniuk, Victoria		Northern Civ	19.6h
8 Sulke, Katelyn		St. Patrick'	20.0h

Women 400 Meter Hurdles Senior

LSSAA: ! 1:05.20 1992				
Name	Year	School	Finals	H#
Carrie Thompson, Lambton Central				
1 Hislop, Dana		Northern Civ	1:07.8h	2
2 Cadwallader, Ali		Sarnia Cits	1:12.1h	2
3 Barnes, Alicia		Lambton Cent	1:13.6h	1
4 VandenEnden, Kristyn		St. Patrick'	1:13.7h	2
5 VanVeller, Amy		Northern Civ	1:13.9h	2
6 Thompson, Amanda		St Christoph	J1:13.9h	2
7 VanKlaveren, Rachel		Lambton Cent	1:14.2h	2
8 Thomson, Krystal		Lambton Cent	1:20.7h	2
9 Blyzniuk, Victoria		Northern Civ	1:22.7h	1
10 Sulke, Katelyn		St. Patrick'	1:24.8h	1

Women 1500 Meter Steeplechase Senior

Name	Year	School	Finals
1 Cadwallader, Haley		Sarnia Cits	5:25.3h
2 Korosec, Rachel		St Christoph	5:39.1h
3 Lundy, Courtney		St. Clair SS	5:52.7h
4 DiFruscia, Heather		St. Patrick'	5:53.3h
5 Barnes, Alicia		Lambton Cent	6:05.5h
6 Williamson, Hillary		Northern Civ	6:35.1h
7 Holmes, Jamie		St. Clair SS	6:45.4h
8 Simard, Brandi		Northern Civ	6:46.6h
9 Smith, Shawna		Lambton Cent	6:53.9h
10 Armstrong, Lauren		Lambton Cent	7:19.2h

Women 4x100 Meter Relay Senior

LSSAA: ! 50.40 2005				
School	Year	School	Finals	H#
St. Clair S S, St. Clair SS S CARR, A GARTLEY, S GARTLEY, K VANKEMPEN				
1 St. Christopher S S 'A'			51.9h	2
1) Murphy, Katie		2) Taylor, Sarah		
3) Willems, Kristie		4) Spinozzi, Jenn		
2 Northern C I & V S 'A'			52.5h	2
1) Arnold, Amber		2) Hislop, Dana		
3) VanVeller, Amy		4) Withers, Jenn		
3 Lambton Central C & V I 'A'			53.0h	2
1) Thomson, Krystal		2) Helps, Cassie		
3) Straatman, Alyssa		4) VanKlaveren, Rachel		
4 Sarnia CI & TS 'A'			54.2h	2
1) Henne, Marika		2) Cadwallader, Haley		
3) Cadwallader, Ali		4) Payne, Adrienne		
5 Northern C I & V S 'B'			54.5h	2

1) Harding, Paige	2) Burchmore, Jacqueline		
3) M'Larkey, Erin	4) Schenk, Jessie	55.3h	1
6 St. Christopher S S 'B'			
1) Allen, Alysha	2) Dykes, Stephanie		
3) Garrett, Eliza	4) Pasqual, Dominique	57.0h	1
7 St. Christopher S S 'C'			
1) Garrett, Laura	2) Smith, Amanda		
3) Ellis, Jen	4) Felder, Sarah	57.5h	2
8 St. Patrick's H S 'A'			
1) Vollrath, Tianna	2) VandenEnden, Kristyn		
3) Taylor, Justine	4) Sulke, Katelyn	58.5h	2
9 Lambton Central C & V I 'B'			
1) Barnes, Alicia	2) McMurphy, Jillian		
3) Gladu, Gillian	4) McGregor, Alexa	1:00.2h	1
10 Northern C I & V S 'C'			
1) Blysniuk, Victoria	2) Loucks, Carmen		
3) Sokol, Jessica	4) Nasr, Morgan		

Women 4x400 Meter Relay Senior

School		Finals	H#
1 Northern C I & V S 'A'		4:16.5h	2
1) Stewart, Noelle	2) Hislop, Dana		
3) McKelvie, Maddie	4) VanVeller, Amy		
2 St. Christopher S S 'A'		4:20.7h	2
1) Veens, Sarah	2) Pickering, Marianne		
3) Taylor, Sarah	4) Willems, Kristie		
3 Sarnia CI & TS 'A'		4:26.1h	2
1) Cadwallader, Ali	2) Cadwallader, Haley		
3) Payne, Adrienne	4) Dilling, Samantha		
4 Lambton Central C & V I 'A'		4:30.1h	2
1) Gray, Jenn	2) VanLeerzem, Lauren		
3) Dobbin, Kelsey	4) VanKlaveren, Rachel		
5 St. Patrick's H S 'A'		4:33.3h	1
1) Sokol, Julie	2) VandenEnden, Kristyn		
3) Lamb, Colleen	4) Gosselin, Dayna		
6 Northern C I & V S 'B'		4:35.9h	2
1) M'Larkey, Erin	2) Harding, Paige		
3) Harding, Sarah	4) Burchmore, Jacqueline		
7 Lambton Central C & V I 'B'		4:38.5h	2
1) Andrew, Heather	2) Rate, Jasmine		
3) Stephens, Jill	4) Helps, Cassie		
8 St. Clair S S 'A'		4:45.1h	2
1) Brown, Cassie	2) Lundy, Courtney		
3) Sommer, Danica	4) Williams, Riley		
9 Northern C I & V S 'C'		4:47.5h	1
1) Davies, Jasmine	2) Schenk, Jessie		
3) Mellon, Jamie	4) Withers, Jenn		
10 Lambton Central C & V I 'C'		4:50.8h	1
1) Gillespie, Katie	2) McFadden, Brenna		
3) Lebert, Laura	4) Deshutter, Jenna		
11 St. Christopher S S 'C'		4:51.4h	1
1) Reddy, Meghan	2) Smith, Amanda		
3) Pasqual, Dominique	4) Picciuca, Kristin		
12 St. Clair S S 'B'		4:51.6h	2
1) Lisabeth, Brianne	2) Shanes, Brittany		
3) Percival, Katie	4) Wilkins, Britney		

Women High Jump Senior

LSSAA: ! 1.73m 2001	Shannon O'Hagan, St. Patrick's
Name	Year School Finals

1	Arnold, Amber	Northern Civ	1.40m
2	Schenk, Jessie	Northern Civ	J1.40m
2	Williams, Katherine	St Christoph	J1.40m
4	VanKlaveren, Rachel	Lambton Cent	J1.40m
5	Guthrie, Amber	Sarnia Cits	1.35m
6	Thompson, Amanda	St Christoph	1.30m
7	Racher, Rachel	Lambton Cent	J1.30m

Women Long Jump Senior

LSSAA: ! 5.48m 2003		Sarah Nelson, Northern CIV	
Name	Year	School	Finals
1	Payne, Adrienne	Sarnia Cits	5.09m
2	Straatman, Alyssa	Lambton Cent	4.98m
3	Riddoch, Heather	St Christoph	4.90m
4	Withers, Jenn	Northern Civ	4.82m
5	Arnold, Amber	Northern Civ	4.71m
6	VandenEnden, Kristyn	St. Patrick'	4.68m
7	Helps, Cassie	Lambton Cent	4.61m
8	Sulke, Katelyn	St. Patrick'	4.30m
9	Purves, Dayle	St. Clair SS	4.25m
10	Garrett, Eliza	St Christoph	4.17m
11	Loucks, Carmen	Northern Civ	3.80m
12	Garrett, Laura	St Christoph	3.66m
--	Edwards, Joanna	Amss	FOUL

Women Triple Jump Senior

LSSAA: ! 11.27m 2003		Sarah Nelson, Northern CIV	
Name	Year	School	Finals
1	Straatman, Alyssa	Lambton Cent	9.66m
2	Riddoch, Heather	St Christoph	9.61m
3	Arnold, Amber	Northern Civ	9.32m
4	Purves, Dayle	St. Clair SS	9.31m
5	Withers, Jenn	Northern Civ	9.04m
6	Garrett, Eliza	St Christoph	8.62m
7	McElrea, Kylie	St Christoph	8.34m
8	Wilson, Katelyn	North Lambto	8.10m
9	Loucks, Carmen	Northern Civ	7.58m

Women Shot Put Senior

LSSAA: ! 12.48m 1985		Bonnie Brooks, SCITS	
Name	Year	School	Finals
1	Mullen, Maggie	St. Patrick'	11.14m
2	Thompson, Dana	St. Clair SS	8.30m
3	Sayers, Chelsea	Sarnia Cits	8.03m
4	Lomax, Heather	Northern Civ	7.13m
5	Loucks, Carmen	Northern Civ	6.79m
6	Annett, Karli	Lambton Cent	5.90m
7	Mitchell, Nicole	Lambton Cent	4.92m

Women Discus Throw Senior

LSSAA: ! 34.50m 1986		Shannon Robertson, SCITS	
Name	Year	School	Finals
1	Mullen, Maggie	St. Patrick'	33.39m
2	King, Emily	Northern Civ	24.89m

3 Sayers, Chelsea	Sarnia Cits	21.18m
4 Epps, Mackenzie	Northern Civ	19.00m
5 Thompson, Dana	St. Clair SS	17.75m
6 Mooney, Chelsey	St Christoph	17.60m
7 Schieck, Katie	Northern Civ	16.40m
8 Annett, Karli	Lambton Cent	15.33m
9 Mitchell, Nicole	Lambton Cent	12.61m

Women Javelin Throw Senior

LSSAA: ! 42.70m 1985		Bonnie Brooks, SCITS	
Name	Year School	Finals	
1 Mullen, Maggie	St. Patrick'	40.16m	
2 King, Emily	Northern Civ	36.97m	
3 Humphreys, Charito	St. Patrick'	29.00m	
4 Woodhouse, Paige	Northern Civ	26.36m	
5 Sayers, Chelsea	Sarnia Cits	26.21m	
6 Roberts, Chantelle	Northern Civ	16.58m	
7 McMurphy, Jillian	Lambton Cent	16.37m	
8 Mitchell, Nicole	Lambton Cent	15.84m	
-- Annett, Karli	Lambton Cent	FOUL	

Women 100 Meter Dash Ambulatory

LSSAA: ! 14.90 2006		Joanna Edwards, AMSS	
Name	Year School	Finals	
1 Edwards, Joanna	Amss	16.8h	
2 Meyers, Samantha	Amss	18.2h	
3 Schuman, Jolene	Amss	19.7h	
4 Dubuque, Danielle	Amss	22.1h	

Men 100 Meter Dash Midget

LSSAA: ! 11.30 1993		Steve Maheu, St. Patrick's		
Name	Year School	Prelims	H#	
Preliminaries				
1 McPhail, Cody	Lambton Cent	12.1hQ	1	
2 Rate, Mitch	Lambton Cent	12.1hQ	3	
3 Strybos, Steven	St Christoph	12.3hQ	2	
4 Golub, Devin	St Christoph	12.2hQ	1	
5 Lue, Greg	St Christoph	12.4hQ	3	
6 Stewart, Sean	North Lambto	12.4hQ	2	
7 Weed, Matt	Lambton Cent	12.5hq	3	
8 Conroy, Kyle	Northern Civ	12.7hq	1	
9 Nichols, Craig	Sarnia Cits	12.8h	2	
10 Lajoie, Adam	St-Francois Xavi	13.0h	1	
11 Emmons, Mitchell	North Lambto	13.0h	1	
12 Lynch, Geoff	Northern Civ	13.2h	2	
13 McIntyre, Ben	North Lambto	13.5h	3	
14 Lowrie, Mitchell	North Lambto	14.0h	3	
15 Degroot, Justin	St. Clair SS	14.2h	1	

Men 100 Meter Dash Midget

LSSAA: ! 11.30 1993		Steve Maheu, St. Patrick's	
Name	Year School	Finals	
Finals			
1 McPhail, Cody	Lambton Cent	12.0h	
2 Golub, Devin	St Christoph	12.1h	

3	Stewart, Sean	North Lambto	12.1h
4	Strybos, Steven	St Christoph	12.2h
5	Rate, Mitch	Lambton Cent	12.3h
6	Lue, Greg	St Christoph	12.3h
7	Weed, Matt	Lambton Cent	12.7h
8	Conroy, Kyle	Northern Civ	12.8h

Men 200 Meter Dash Midget

LSSAA: ! 23.30 1986		Wendell Dennis, Northern	
Name	Year	School	Prelims H#
Preliminaries			
1	McPhail, Cody	Lambton Cent	25.0hQ 2
2	Stewart, Sean	North Lambto	25.2hQ 1
3	Golub, Devin	St Christoph	25.4hQ 3
4	Strybos, Steven	St Christoph	25.2hQ 2
5	Rate, Mitch	Lambton Cent	26.1hQ 3
5	Lue, Greg	St Christoph	26.1hQ 1
7	Jean, Stephane	Northern Civ	26.4hq 2
8	McSorley, Duncan	Lambton Cent	26.8hq 1
9	Ward, Mat	St. Clair SS	26.8h 2
10	Esser, Matt	St. Clair SS	26.9h 3
11	Conroy, Kyle	Northern Civ	27.0h 1
12	McIntyre, Ben	North Lambto	27.4h 2
13	Drexler, Jeff	Amss	27.7h 3
14	Swain, Dan	St. Clair SS	28.0h 2
15	Nichols, Craig	Sarnia Cits	28.0h 1
16	Bryce, Riley	Amss	28.3h 1
17	Allen, Michael	Northern Civ	28.8h 3

Men 200 Meter Dash Midget

LSSAA: ! 23.30 1986		Wendell Dennis, Northern	
Name	Year	School	Finals
Finals			
1	McPhail, Cody	Lambton Cent	25.6h
2	Stewart, Sean	North Lambto	25.8h
3	Lue, Greg	St Christoph	25.9h
4	Golub, Devin	St Christoph	26.0h
5	Rate, Mitch	Lambton Cent	26.2h
6	Strybos, Steven	St Christoph	26.5h
7	Jean, Stephane	Northern Civ	27.2h

Men 400 Meter Dash Midget

LSSAA: ! 52.80 2006		Michael Lever, Northern CIV	
Name	Year	School	Finals H#
1	Nelson, Mike	St Christoph	55.2h 3
2	Sawatzky, Adam	Northern Civ	56.6h 3
3	Stewart, Sean	North Lambto	57.1h 3
4	Smith, Bryan	St. Patrick'	57.9h 2
5	McPhail, Cody	Lambton Cent	58.0h 3
6	Golub, Devin	St Christoph	58.0h 3
7	Esser, Matt	St. Clair SS	59.2h 3
8	Smith, Sean	St. Clair SS	59.3h 2
9	Swain, Dan	St. Clair SS	59.4h 2
10	McSorley, Duncan	Lambton Cent	59.9h 2
11	deBoon, Martyn	Northern Civ	1:00.7h 3
12	Huebl, Ryan	Northern Civ	1:00.9h 2
13	Agar, Nicholas	St. Patrick'	1:01.8h 2

14 Mitchell, Andrew	Sarnia Cits	1:02.8h	2
15 Bryce, Riley	Amss	1:03.1h	1
16 Drexler, Jeff	Amss	1:03.4h	1
17 Strybos, Steven	St Christoph	1:04.0h	2
18 Limb, Kyle	Lambton Cent	1:04.6h	3
19 McKinnon, Aaron	St. Patrick'	1:24.5h	1

Men 800 Meter Run Midget

LSSAA: ! 2:03.90 2006 Michael Lever, Northern CIV				
Name	Year	School	Finals	H#
1 Sawatzky, Adam		Northern Civ	2:11.8h	3
2 Nelson, Mike		St Christoph	2:12.1h	3
3 deBoon, Martyn		Northern Civ	2:20.3h	3
4 Spearman, Denver		St. Clair SS	2:20.6h	3
5 Smith, Sean		St. Clair SS	2:21.6h	1
6 Ward, Mat		St. Clair SS	2:21.9h	1
7 Hare, Jeremy		Sarnia Cits	2:22.6h	2
8 Brown, Zac		Northern Civ	2:23.9h	3
9 Catton, Joe		Sarnia Cits	2:23.9h	2
10 Gilfoyle, Christian		Lambton Cent	2:24.6h	2
11 Cipollone, Justin		Amss	2:24.9h	1
12 Smith, Bryan		St. Patrick'	2:25.2h	2
13 Agar, Nicholas		St. Patrick'	2:27.1h	2
14 Sparks, David		Lambton Cent	2:27.4h	3
15 VanEngelen, Adam		North Lambto	2:30.0h	3
16 Bourassa, Justin		St-Francois Xavi	2:30.8h	1
17 Minten, Jordan		St Christoph	2:36.5h	2
18 Gowen, Colton		North Lambto	2:38.3h	1
19 Pitel, Tanner		Lambton Cent	2:41.9h	3
20 Crawford, Josh		St. Patrick'	2:48.1h	2

Men 1500 Meter Run Midget

LSSAA: ! 4:22.10 2001 Russell Christie, Lambton Central				
Name	Year	School	Finals	
1 Sawatzky, Adam		Northern Civ	4:33.5h	
2 Spearman, Denver		St. Clair SS	4:36.2h	
3 Nelson, Mike		St Christoph	4:36.5h	
4 Agar, Nicholas		St. Patrick'	4:49.9h	
5 Brown, Zac		Northern Civ	4:52.5h	
6 Hare, Jeremy		Sarnia Cits	4:55.9h	
7 Ward, Mat		St. Clair SS	4:57.5h	
8 Bourassa, Justin		St-Francois Xavi	4:58.2h	
9 Basham, Frank		Sarnia Cits	5:00.1h	
10 VanEngelen, Adam		North Lambto	5:03.2h	
11 Warner, Josh		Northern Civ	5:04.0h	
12 Catton, Joe		Sarnia Cits	5:04.5h	
13 Sparks, David		Lambton Cent	5:08.3h	
14 Gilfoyle, Christian		Lambton Cent	5:10.3h	
15 Garrett, Luke		St Christoph	5:12.3h	
16 Cipollone, Justin		Amss	5:13.4h	
17 Pitel, Tanner		Lambton Cent	5:14.2h	
18 Evans, Adrian		St Christoph	5:15.5h	
19 Gowen, Colton		North Lambto	5:18.8h	
20 Aitken, Zac		North Lambto	5:41.6h	

Men 3000 Meter Run Midget

LSSAA: ! 9:38.50 1986 Brian Burdett, Sarnia Central				
Name	Year	School	Finals	

1 Spearman, Denver	St. Clair SS	10:30.8h
2 Basham, Frank	Sarnia Cits	10:41.0h
3 Brown, Zac	Northern Civ	10:45.0h
4 Sparks, David	Lambton Cent	10:47.6h
5 Warner, Josh	Northern Civ	10:50.3h
6 Sivell, Zac	Northern Civ	10:57.7h
7 Aitken, Zac	North Lambto	10:58.6h
8 VanEngelen, Adam	North Lambto	11:41.2h
9 Evans, Adrian	St Christoph	11:56.2h

Men 100 Meter Hurdles Midget

LSSAA: ! 14.30 1993		Cam Thompson, Lambton Central	
Name	Year School	Finals	
1 Van Klaveren, Gerrit	St. Clair SS	16.2h	
2 Jean, Stephane	Northern Civ	16.4h	
3 Huebl, Ryan	Northern Civ	16.4h	
4 Vandenberghe, Michael	Lambton Cent	17.2h	
5 Wattie, Graeme	Northern Civ	17.8h	
6 Dunn, Jayden	Lambton Cent	18.4h	
7 Noppen, Jeff	St. Clair SS	18.6h	
8 Butler, Marty	Lambton Cent	18.7h	

Men 300 Meter Hurdles Midget

LSSAA: ! 42.70 1993		Cam Thompson, Lambton Central	
Name	Year School	Finals	
1 Huebl, Ryan	Northern Civ	47.2h	
2 Jean, Stephane	Northern Civ	48.7h	
3 Vandenberghe, Michael	Lambton Cent	48.8h	
4 Limb, Kyle	Lambton Cent	49.1h	
5 Wattie, Graeme	Northern Civ	49.2h	
6 Butler, Marty	Lambton Cent	50.4h	
7 Degroot, Justin	St. Clair SS	51.3h	
8 Mitchell, Andrew	Sarnia Cits	51.9h	

Men 4x100 Meter Relay Midget

LSSAA: ! 46.60 1986		St. Patrick's		Finals	H#
School					
1 St. Christopher S S 'A'				48.4h	2
1) Golub, Devin		2) Lue, Greg			
3) Nelson, Mike		4) Strybos, Steven			
2 Lambton Central C & V I 'A'				49.8h	2
1) Limb, Kyle		2) McSorley, Duncan			
3) McPhail, Cody		4) Rate, Mitch			
3 Northern C I & V S 'A'				50.8h	2
1) Jean, Stephane		2) Withers, Ben			
3) Huebl, Ryan		4) Conroy, Kyle			
4 North Lambton S S 'A'				50.9h	2
1) Emmons, Mitchell		2) Lowrie, Mitchell			
3) McIntyre, Ben		4) Stewart, Sean			
5 Northern C I & V S 'B'				51.9h	1
1) Lynch, Geoff		2) Wattie, Graeme			
3) Allen, Michael		4) deBoon, Martyn			
6 St. Clair S S 'A'				52.8h	2
1) Swain, Dan		2) Degroot, Justin			
3) Van Klaveren, Gerrit		4) Noppen, Jeff			
7 Lambton Central C & V I 'B'				53.3h	2

1) Dunn, Jayden	2) Vandenberghe, Michael		
3) Gilfoyle, Christian	4) Janicek, Jake		
7 Sarnia CI & TS 'A'		53.3h	2
1) Hare, Jeremy	2) Basham, Frank		
3) Mitchell, Andrew	4) Nichols, Craig		
9 Lambton Central C & V I 'C'		56.1h	1
1) Butler, Marty	2) Gilroy, Tim		
3) Molzan, Jordan	4) Straatman, Troy		
10 Northern C I & V S 'C'		56.4h	1
1) Stewart, Eli	2) Theoret, Nick		
3) Crawford, Joe	4) MacNeill, Chad		

Men High Jump Midget

=====			
LSSAA: ! 1.86m	1996	Martin Kihle, St. Patrick's	
Name	Year	School	Finals
=====			
1 Withers, Ben		Northern Civ	1.73m
2 McDonald, Eric		St Christoph	J1.73m
3 Dunn, Jayden		Lambton Cent	J1.73m
4 Cipollone, Justin		Amss	1.65m
5 Paulley, Jeff		Sarnia Cits	1.60m
6 MacNeill, Chad		Northern Civ	J1.60m
7 Theoret, Nick		Northern Civ	J1.60m
8 Molzan, Jordan		Lambton Cent	1.55m
9 Rocca, Joe		St Christoph	1.50m
10 Hare, Jeremy		Sarnia Cits	1.45m
10 Nichols, Craig		Sarnia Cits	1.45m
12 Racher, Chris		Lambton Cent	1.40m

Men Long Jump Midget

=====			
LSSAA: ! 6.13m	1983	Bill Robb, St. Patrick's	
Name	Year	School	Finals
=====			
1 Garrett, Luke		St Christoph	5.55m
2 Weed, Matt		Lambton Cent	5.43m
3 McDonald, Eric		St Christoph	5.28m
4 Lue, Greg		St Christoph	5.21m
5 Lajoie, Adam		St-Francois Xavi	5.04m
6 Van Klaveren, Gerrit		St. Clair SS	4.85m
7 Vanhooft, Adam		St. Clair SS	4.49m
8 Wattie, Graeme		Northern Civ	4.31m
9 Degroot, Justin		St. Clair SS	4.10m
9 Emmons, Mitchell		North Lambto	4.10m
11 Stewart, Eli		Northern Civ	4.05m
12 Gilroy, Tim		Lambton Cent	3.91m
13 Straatman, Troy		Lambton Cent	3.42m

Men Triple Jump Midget

=====			
LSSAA: ! 12.78m	1997	Leron Mitchell, Northern	
Name	Year	School	Finals
=====			
1 Van Klaveren, Gerrit		St. Clair SS	12.35m
2 Withers, Ben		Northern Civ	12.10m
3 Currie, Jake		St. Clair SS	11.62m
4 McDonald, Eric		St Christoph	11.29m
5 Weed, Matt		Lambton Cent	11.07m
6 Lynch, Geoff		Northern Civ	10.70m
7 Vandenberghe, Michael		Lambton Cent	10.31m
8 Rocca, Joe		St Christoph	10.28m
9 Crawford, Joe		Northern Civ	10.09m

10	Vanhooft, Adam	St. Clair SS	9.62m
11	White, Jacob	St Christoph	8.74m
--	Lowrie, Mitchell	North Lambto	FOUL
--	Straatman, Troy	Lambton Cent	FOUL
--	McKinnon, Aaron	St. Patrick'	FOUL

Men Shot Put Midget

=====			
LSSAA: ! 16.60m		1982	Dave Crombeen, St. Patrick's
Name	Year	School	Finals
=====			
1	Paulley, Jeff	Sarnia Cits	11.81m
2	Dobson, Jason	Sarnia Cits	11.65m
3	Wood, Zack	Sarnia Cits	11.64m
4	Brooks, Dave	Northern Civ	11.50m
5	Noppen, Jeff	St. Clair SS	11.19m
6	McSorley, Duncan	Lambton Cent	10.88m
7	Cimetta, Mike	St Christoph	10.58m
8	Williams, Robert	St-Francois Xavi	10.37m
9	Currie, Jake	St. Clair SS	10.22m
10	Limb, Kyle	Lambton Cent	10.04m
11	Roussy, Sebastien	St-Francois Xavi	9.92m
12	Partington, Kevin	St-Francois Xavi	9.68m
13	Rate, Mitch	Lambton Cent	9.47m
14	Smith, Sean	St. Clair SS	9.27m
15	White, Mike	St Christoph	8.96m
16	Bisson, Sebastian	St Christoph	7.87m
17	Beach, Corbin	Northern Civ	7.05m
18	Kirkland, Mike	Northern Civ	6.04m

Men Discus Throw Midget

=====			
LSSAA: ! 47.16m		1997	Justin Farina, St. Christopher
Name	Year	School	Finals
=====			
1	Dobson, Jason	Sarnia Cits	36.80m
2	Noppen, Jeff	St. Clair SS	33.90m
3	Rocca, Joe	St Christoph	33.38m
4	Paulley, Jeff	Sarnia Cits	31.61m
5	Brooks, Dave	Northern Civ	29.29m
6	Dunn, Jayden	Lambton Cent	28.84m
7	Monteith, Kale	Sarnia Cits	27.75m
8	Crawford, Joe	Northern Civ	27.66m
9	Thompson, Derek	St Christoph	26.97m
10	Johnson, Mark	Northern Civ	25.78m
11	Varsava, Nic	St Christoph	22.70m
12	Minielly, Craig	Lambton Cent	22.58m
13	Welton, Zach	Lambton Cent	20.01m

Men Javelin Throw Midget

=====			
LSSAA: ! 61.16m		1982	Dave Crombeen, St. Patrick's
Name	Year	School	Finals
=====			
1	Withers, Ben	Northern Civ	38.35m
2	Cummings, Nick	St. Patrick'	35.30m
3	Partington, Kevin	St-Francois Xavi	35.26m
4	Mullen, Tom	Sarnia Cits	32.98m
5	Vanhooft, Adam	St. Clair SS	31.88m
6	Travis, Aaron	Amss	31.03m
7	Dobson, Jason	Sarnia Cits	30.50m
8	Steeves, Robbie	St Christoph	28.94m
9	Bryce, Riley	Amss	26.98m

10	Janicek, Jake	Lambton Cent	23.19m
11	Leystra, Matt	Northern Civ	22.42m
12	Minielly, Craig	Lambton Cent	21.75m
13	Monteith, Kale	Sarnia Cits	20.70m
14	Welton, Zach	Lambton Cent	19.76m
15	Williams, Robert	St-Francois Xavi	19.30m
16	Roussy, Sebastien	St-Francois Xavi	18.46m
17	Nabbouh, Ally	St Christoph	16.38m

Men 100 Meter Dash Junior

LSSAA: ! 10.80 1990				Shane Hussey, Lambton Central	
Name	Year	School	Prelims	H#	
Preliminaries					
1	Young, Kodey	St. Clair SS	11.7hQ	1	
2	Cicchini, Tyler	St. Patrick'	11.7hQ	2	
3	Harris, Mike	St Christoph	12.3hQ	3	
4	Drydak, Jesse	Lambton Cent	12.1hQ	2	
5	Daley, Dwayne	Amss	12.3hQ	1	
6	Nield, Blair	St. Clair SS	12.6hQ	3	
7	Huzevka, Mario	Lambton Cent	12.3hq	1	
8	Waldie, Shawn	St. Clair SS	12.6hq	1	
9	Bruyere, Jeff	Amss	12.7h	2	
10	Knight, Brendan	Sarnia Cits	13.0h	1	
11	Galipeau, Cameron	St Christoph	13.6h	2	
12	Conlon, Aaron	Amss	13.7h	3	
13	Handyside, Adam	Northern Civ	14.2h	2	

Men 100 Meter Dash Junior

LSSAA: ! 10.80 1990				Shane Hussey, Lambton Central	
Name	Year	School	Finals		
Finals					
1	Cicchini, Tyler	St. Patrick'	11.6h		
2	Young, Kodey	St. Clair SS	11.6h		
3	Drydak, Jesse	Lambton Cent	12.1h		
4	Harris, Mike	St Christoph	12.2h		
5	Huzevka, Mario	Lambton Cent	12.2h		
6	Nield, Blair	St. Clair SS	12.3h		
7	Waldie, Shawn	St. Clair SS	12.4h		
8	Daley, Dwayne	Amss	12.8h		

Men 200 Meter Dash Junior

LSSAA: ! 22.10 1996				Brian Dicker, St. Patrick's	
Name	Year	School	Prelims	H#	
Preliminaries					
1	Young, Kodey	St. Clair SS	24.8hQ	3	
2	Lever, Mike	Northern Civ	24.9hQ	2	
2	Cicchini, Tyler	St. Patrick'	24.9hQ	1	
4	Black, Jordan	Northern Civ	25.0hQ	3	
5	Drydak, Jesse	Lambton Cent	25.3hQ	2	
6	Persichetti, Paul	Northern Civ	26.2hQ	1	
7	Daley, Dwayne	Amss	25.3hq	2	
8	Babcock, Greg	Lambton Cent	26.2hq	2	
9	Waters, Alex	North Lambto	26.5h	3	
10	Huzevka, Mario	Lambton Cent	26.6h	2	
11	Waldie, Shawn	St. Clair SS	26.7h	3	
12	Knight, Brendan	Sarnia Cits	27.3h	1	
13	Bruyere, Jeff	Amss	27.4h	3	

14 Clark, Ryan	St Christoph	28.0h	1
15 Galipeau, Cameron	St Christoph	28.6h	2
16 Conlon, Aaron	Amss	30.2h	3

Men 200 Meter Dash Junior

LSSAA: ! 22.10	1996	Brian Dicker, St. Patrick's
Name	Year School	Finals

Finals

1 Cicchini, Tyler	St. Patrick'	23.9h
2 Young, Kodey	St. Clair SS	24.0h
3 Black, Jordan	Northern Civ	24.6h
4 Lever, Mike	Northern Civ	24.9h
5 Daley, Dwayne	Amss	24.9h
6 Drydak, Jesse	Lambton Cent	25.0h
7 Persichetti, Paul	Northern Civ	25.8h
8 Babcock, Greg	Lambton Cent	27.3h

Men 400 Meter Dash Junior

LSSAA: ! 49.80	1990	Dave Pettit, Lambton Central
Name	Year School	Finals H#

1 Lever, Mike	Northern Civ	53.2h	2
2 Young, Kodey	St. Clair SS	54.0h	2
3 Vosburg, Joel	Northern Civ	55.0h	2
4 Dally, Jared	Northern Civ	56.4h	2
5 Smith White, CJ	St. Clair SS	1:00.2h	2
6 Morden, Matt	St Christoph	1:00.9h	2
7 Knight, Brendan	Sarnia Cits	1:01.2h	1
8 Stubbs, Ben	North Lambto	1:02.0h	1
9 Galipeau, Cameron	St Christoph	1:05.0h	1
10 Guay, Brandon	St-Francois Xavi	1:06.8h	1
11 Savage, Corey	St Christoph	1:08.8h	1

Men 800 Meter Run Junior

LSSAA: ! 1:53.50	1994	Jay Cantin, St. Clair
Name	Year School	Finals H#

1 Lever, Mike	Northern Civ	2:09.5h	2
2 Smith, Clint	Lambton Cent	2:11.5h	2
3 Vosburg, Joel	Northern Civ	2:13.5h	2
4 Dally, Jared	Northern Civ	2:14.1h	2
5 Morden, Matt	St Christoph	2:17.9h	1
6 Bisson, Shaun	St. Clair SS	2:21.4h	2
7 Yurkewich, Aaron	St Christoph	2:24.1h	1
8 Harper, Travis	Sarnia Cits	2:26.2h	2
9 Stubbs, Ben	North Lambto	2:26.9h	1
10 VanKampen, Nick	St Christoph	2:30.5h	1
11 Smith White, CJ	St. Clair SS	2:35.2h	2
12 Guay, Brandon	St-Francois Xavi	2:48.1h	1
13 Dobbin, Craig	Lambton Cent	2:57.7h	1
14 Rudanycz, Bevan	St. Clair SS	3:16.6h	2

Men 1500 Meter Run Junior

LSSAA: ! 4:02.60	1994	Jay Cantin, St. Clair
Name	Year School	Finals

1 Bisson, Shaun	St. Clair SS	4:21.5h
2 Galler, Patrick	Northern Civ	4:28.4h

3	Margetts, Colin	Northern Civ	4:33.7h
4	Yurkewich, Aaron	St Christoph	4:34.2h
5	Smith, Clint	Lambton Cent	4:38.5h
6	Vosburg, Joel	Northern Civ	4:46.2h
7	Gower, Mark	St Christoph	4:50.2h
8	Harper, Travis	Sarnia Cits	4:58.0h
9	Mater, Tyler	Sarnia Cits	5:23.7h
10	Poaps, Drew	St. Clair SS	5:25.2h
11	Stewardson, Dylan	North Lambto	5:28.1h
12	Savage, Corey	St Christoph	5:39.7h
13	Dobbin, Craig	Lambton Cent	5:43.6h
14	Carpani, Warren	St. Clair SS	5:44.8h

Men 3000 Meter Run Junior

=====			
LSSAA: ! 8:55.60 1975 Peter Butler, Northern			
Name	Year	School	Finals
=====			
1	Bisson, Shaun	St. Clair SS	10:00.5h
2	Margetts, Colin	Northern Civ	10:15.4h
3	Yurkewich, Aaron	St Christoph	10:26.9h
4	Galler, Patrick	Northern Civ	10:34.6h
5	Burwell, Timothy	Northern Civ	10:42.9h
6	Gower, Mark	St Christoph	10:55.5h
7	Harper, Travis	Sarnia Cits	11:02.0h
8	Dobbin, Robert	Lambton Cent	11:21.2h
9	Borthwick, Alex	Sarnia Cits	11:56.4h
10	Wells, Brendan	St Christoph	12:04.6h
11	Dobbin, Craig	Lambton Cent	12:23.9h
12	Rudanycz, Bevan	St. Clair SS	13:30.9h
13	Stewardson, Dylan	North Lambto	13:33.8h

Men 100 Meter Hurdles Junior

=====			
LSSAA: ! 14.30 2004 Jason McKechnie, St. Clair SS			
Name	Year	School	Finals
=====			
1	Long, Ossie	Northern Civ	15.2h
2	Persichetti, Paul	Northern Civ	15.2h
3	Buckle, Kyle	St. Patrick'	16.6h
4	Jewett, Jamie	Northern Civ	16.7h

Men 300 Meter Hurdles Junior

=====			
LSSAA: ! 40.20 1995 Cam Thompson, Lambton Central			
Name	Year	School	Finals
=====			
1	Lund, Luke	Northern Civ	43.3h
2	Persichetti, Paul	Northern Civ	43.9h
3	Long, Ossie	Northern Civ	44.4h
4	Morden, Matt	St Christoph	44.8h
5	Babcock, Greg	Lambton Cent	45.0h
6	Smith, Clint	Lambton Cent	45.2h
7	McMurphy, Lee	Lambton Cent	46.0h

Men 4x100 Meter Relay Junior

=====			
LSSAA: ! 44.30 1990 Lambton Central			
School		Finals	H#
=====			
1	Northern C I & V S 'A'	47.0h	2
	1) Charteris, Ryan	2) Black, Jordan	
	3) Persichetti, Paul	4) Lund, Luke	

2	St. Clair S S 'A'	47.8h	2
	1) Nield, Blair	2) Tamming, Ben	
	3) Waldie, Shawn	4) Young, Kodey	
3	Lambton Central C & V I 'A'	47.9h	2
	1) McMurphy, Lee	2) Huzevka, Mario	
	3) Babcock, Greg	4) Drydak, Jesse	
4	Northern C I & V S 'B'	49.9h	1
	1) Handyside, Adam	2) Long, Ossie	
	3) Kozmin, Nick	4) Sokol, Andrew	
5	Alexander MacKenzie Secondary 'A'	49.9h	2
	1) Bruyere, Jeff	2) Conlon, Aaron	
	3) Daley, Dwayne	4)	
6	St. Christopher S S 'A'	50.7h	2
	1) Clark, Ryan	2) Harris, Mike	
	3) Sparks, Emery	4) Galipeau, Cameron	
7	Northern C I & V S 'C'	52.1h	1
	1) Gibbs, Chris	2) Jewett, Jamie	
	3) Links, Nathan	4) Noel, Eli	
8	Sarnia CI & TS 'A'	52.1h	2
	1) Dease, Brock	2) Gray, Jackson	
	3) Knight, Brendan	4) Harper, Travis	
9	Lambton Central C & V I 'B'	53.7h	2
	1) Hunter, Brock	2) Wilson, Terry	
	3) Cox, Dylan	4) Dobbin, Craig	
10	Lambton Central C & V I 'C'	56.4h	1
	1) Beaudrow, Aaron	2) Dobbin, Robert	
	3) Moore, Jayden	4) Young, Danny	

Men High Jump Junior

LSSAA: ! 2.00m 1989 Joe Tuscan, SCITS			
Name	Year	School	Finals
1	Lund, Luke	Northern Civ	1.83m
2	Smith White, CJ	St. Clair SS	1.80m
3	Verwegen, Cory	St. Clair SS	1.65m
4	Long, Ossie	Northern Civ	J1.65m
5	Sparks, Emery	St Christoph	1.60m
6	Kozmin, Nick	Northern Civ	J1.60m
7	Cook, Andrew	Amss	J1.60m
8	McMurphy, Lee	Lambton Cent	1.55m
9	Fell, Rory	Sarnia Cits	1.50m
9	Wiles, David	Sarnia Cits	1.50m
11	Drury, Tyler	Sarnia Cits	1.45m
--	Wilson, Terry	Lambton Cent	NH

Men Long Jump Junior

LSSAA: ! 6.67m 1981 Larry Helwig, St. Clair			
Name	Year	School	Finals
1	Daley, Dwayne	Amss	5.78m
2	Tamming, Ben	St. Clair SS	5.65m
3	Sokol, Andrew	Northern Civ	5.53m
4	Buckle, Kyle	St. Patrick'	5.34m
5	Harris, Mike	St Christoph	5.30m
6	Charteris, Ryan	Northern Civ	5.04m
7	Hunter, Brock	Lambton Cent	4.99m
8	Verwegen, Cory	St. Clair SS	4.96m
9	Drydak, Jesse	Lambton Cent	4.90m
10	Dease, Brock	Sarnia Cits	4.86m
11	Clark, Ryan	St Christoph	4.64m
12	Huzevka, Mario	Lambton Cent	4.44m

13	Ducharme, Evan	St. Patrick'	4.24m
14	Sundby, Allan	Northern Civ	4.13m
15	Sparks, Emery	St Christoph	4.03m
16	Conlon, Aaron	Amss	3.66m

Men Triple Jump Junior

=====			
LSSAA: ! 13.50m		1999	Leron Mitchell, Northern
Name	Year	School	Finals
=====			
1	Lund, Luke	Northern Civ	11.63m
2	Tammig, Ben	St. Clair SS	11.49m
3	Charteris, Ryan	Northern Civ	11.24m
4	Dease, Brock	Sarnia Cits	11.19m
5	Buckle, Kyle	St. Patrick'	11.13m
6	Sundby, Allan	Northern Civ	11.10m
7	Harris, Mike	St Christoph	10.51m
8	Hunter, Brock	Lambton Cent	10.42m
9	Waldie, Shawn	St. Clair SS	10.20m
10	Stubbs, Ben	North Lambto	10.18m
11	Ducharme, Evan	St. Patrick'	9.92m
12	McMurphy, Lee	Lambton Cent	9.02m

Men Shot Put Junior

=====			
LSSAA: ! 15.45m		1983	Dave Crombeen, St. Patrick's
Name	Year	School	Finals
=====			
1	McCabe, Kaylen	St. Clair SS	14.09m
2	Drury, Tyler	Sarnia Cits	13.24m
3	Randall, Kenneth	Sarnia Cits	12.78m
4	Gladwish, Jordan	Northern Civ	11.69m
5	Button, Alex	St Christoph	11.68m
6	Clark, Ryan	St Christoph	11.46m
7	Fader, Ian	Northern Civ	11.20m
8	Sokol, Andrew	Northern Civ	11.01m
9	Moore, Jayden	Lambton Cent	10.11m
10	Perry, Taylor	St. Clair SS	9.92m
11	Cox, Dylan	Lambton Cent	8.87m
12	Marr, Bobby	Lambton Cent	8.60m

Men Discus Throw Junior

=====			
LSSAA: ! 52.29m		2004	Josh Wilson, Lambton Cent
Name	Year	School	Finals
=====			
1	Gray, Jackson	Sarnia Cits	57.07m!
2	Button, Alex	St Christoph	39.20m
3	Fell, Rory	Sarnia Cits	39.17m
4	Drury, Tyler	Sarnia Cits	34.31m
5	Perry, Taylor	St. Clair SS	33.70m
6	Dochstader, Kurtis	Northern Civ	33.26m
7	Moore, Jayden	Lambton Cent	32.15m
8	Pilotte, Joel	Northern Civ	31.02m
9	Jacklin, Payton	St Christoph	26.29m
10	Galloway, Jace	Northern Civ	25.20m
11	Klapak, Scott	St Christoph	25.17m
12	Marr, Bobby	Lambton Cent	24.78m
13	McCabe, Kaylen	St. Clair SS	24.35m
14	Cox, Dylan	Lambton Cent	23.12m
--	Verwegen, Cory	St. Clair SS	FOUL

Men Javelin Throw Junior

LSSAA: ! 56.70m 1983 Dave Crombeen, St. Patrick's			
Name	Year	School	Finals
1 Babcock, Greg		Lambton Cent	45.44m
2 Acton, Kevin		St. Patrick'	44.90m
3 Sokol, Andrew		Northern Civ	44.77m
4 Perry, Taylor		St. Clair SS	43.58m
5 Gray, Jackson		Sarnia Cits	42.59m
6 Tamming, Ben		St. Clair SS	42.27m
7 Mullen, Travis		St. Patrick'	41.96m
8 Armstrong, Adam		Northern Civ	36.67m
9 Nield, Blair		St. Clair SS	36.09m
10 Fell, Rory		Sarnia Cits	34.42m
11 Cox, Dylan		Lambton Cent	34.13m
12 Pilotte, Joel		Northern Civ	32.83m
13 Randall, Kenneth		Sarnia Cits	31.76m
14 Young, Danny		Lambton Cent	29.61m
-- Cote, Nathan		St Christoph	FOUL

Men 100 Meter Dash Senior

LSSAA: ! 10.60 1994 Craig Vandeweghe, St. Patrick's				
Name	Year	School	Prelims	H#
Preliminaries				
1 Kiraly, Rob		Northern Civ	11.3hQ	2
2 Leger, Norm		St. Patrick'	11.3hQ	3
3 Keating, Justin		Northern Civ	11.4hQ	1
4 Dundee, Chris		St. Clair SS	11.4hQ	2
4 Bogaert, Brian		Lambton Cent	11.4hQ	3
6 Hopkins, Chris		Northern Civ	11.8hQ	1
7 Robinson, Sean		St. Clair SS	11.5hq	3
8 Smith, Mason		St. Clair SS	11.5hq	2
9 Lounsbury, Ryan		Sarnia Cits	11.8h	2
10 Rainsberry, Criag		Lambton Cent	12.0h	1
11 Anstett, Rob		St Christoph	12.0h	1
12 Pelleboer, Brenten		Lambton Cent	12.1h	3
13 LaBarre, Andrew		Amss	12.1h	3
14 Harris, Tory		Amss	12.5h	2
15 Lindsay, Mason		Amss	13.4h	1

Men 100 Meter Dash Senior

LSSAA: ! 10.60 1994 Craig Vandeweghe, St. Patrick's			
Name	Year	School	Finals
Finals			
1 Keating, Justin		Northern Civ	11.1h
2 Dundee, Chris		St. Clair SS	11.3h
3 Kiraly, Rob		Northern Civ	11.3h
4 Leger, Norm		St. Patrick'	11.5h
5 Hopkins, Chris		Northern Civ	11.7h
6 Robinson, Sean		St. Clair SS	11.7h
7 Bogaert, Brian		Lambton Cent	11.8h
8 Smith, Mason		St. Clair SS	12.0h

Men 200 Meter Dash Senior

LSSAA: ! 22.00 2006 Justin Keating, Northern CIV				
Name	Year	School	Prelims	H#
Preliminaries				

1	Keating, Justin	Northern Civ	23.9hQ	1
2	Dundee, Chris	St. Clair SS	24.1hQ	3
3	Kiraly, Rob	Northern Civ	24.1hQ	2
4	Hopkins, Chris	Northern Civ	24.1hQ	1
5	Bogaert, Brian	Lambton Cent	24.2hQ	3
6	Smith, Mason	St. Clair SS	24.3hQ	2
7	Lounsbury, Ryan	Sarnia Cits	24.4hq	1
8	Rainsberry, Criag	Lambton Cent	24.5hq	1
9	Zandbergen, Matt	St. Patrick'	24.6h	3
10	Robinson, Sean	St. Clair SS	24.6h	2
11	Leger, Norm	St. Patrick'	25.4h	2
12	Brown, Cody	Sarnia Cits	25.6h	1
13	George, Derek	North Lambto	26.2h	3
14	Bryce, Michael	Amss	26.8h	1
15	Aberhart, Mike	Sarnia Cits	27.0h	2
16	Harris, Tory	Amss	27.7h	3
17	Dell, Aaron	Amss	31.4h	2

Men 200 Meter Dash Senior

LSSAA: ! 22.00	2006	Justin Keating, Northern CIV	
Name	Year School	Finals	

Finals

1	Keating, Justin	Northern Civ	22.5h
2	Dundee, Chris	St. Clair SS	22.5h
3	Kiraly, Rob	Northern Civ	22.5h
4	Smith, Mason	St. Clair SS	22.7h
5	Hopkins, Chris	Northern Civ	23.0h
6	Bogaert, Brian	Lambton Cent	23.2h
7	Lounsbury, Ryan	Sarnia Cits	23.5h
8	Rainsberry, Criag	Lambton Cent	23.8h

Men 400 Meter Dash Senior

LSSAA: ! 48.00	1988	Brian Dicker, St. Patrick's	
Name	Year School	Finals	H#

1	Reddy, Matt	St Christoph	52.3h	3
2	Smith, Mason	St. Clair SS	53.0h	3
3	Coultes, Mitch	St. Clair SS	53.2h	2
4	Bogaert, Brian	Lambton Cent	53.4h	3
5	Hopkins, Chris	Northern Civ	53.8h	3
6	Cope, Dustin	St. Patrick'	55.7h	2
6	Dundee, Chris	St. Clair SS	55.7h	3
8	Keating, Justin	Northern Civ	55.8h	3
9	Mallay, Patrick	Northern Civ	56.0h	2
10	George, Derek	North Lambto	56.9h	2
11	Rainsberry, Criag	Lambton Cent	57.5h	3
12	Brown, Cody	Sarnia Cits	58.3h	2
13	Little, Sean	North Lambto	58.6h	2
14	Aberhart, Mike	Sarnia Cits	1:00.3h	2
15	Bryce, Michael	Amss	1:00.4h	1
16	Belanger, Tye	Sarnia Cits	1:00.6h	1
17	Harris, Tory	Amss	1:01.7h	1

Men 800 Meter Run Senior

LSSAA: ! 1:53.80	1995	Jay Cantin, St. Clair	
Name	Year School	Finals	H#

1	Reddy, Matt	St Christoph	2:03.2h	2
2	Poaps, Mike	St. Clair SS	2:03.5h	2

3	Coultes, Mitch	St. Clair SS	2:06.8h	2
4	Percival, Mike	St. Clair SS	2:09.1h	2
5	Cochrane, Paul	Northern Civ	2:10.3h	2
6	Evers, Jack	St Christoph	2:14.3h	2
7	Douglas, Andrew	Northern Civ	2:19.0h	2
8	Asselin, Mathieu	Northern Civ	2:19.2h	2
9	Townsend, Louis	Sarnia Cits	2:25.7h	1
10	McClean, Kyle	St. Patrick'	2:27.0h	1
11	Pasqual, Al	St Christoph	2:27.7h	1
12	Van Dyl, Ryan	Sarnia Cits	2:36.0h	1
13	Kendall, Josh	Sarnia Cits	2:50.4h	1
14	Bogaert, Craig	Lambton Cent	2:58.0h	1

Men 1500 Meter Run Senior

LSSAA: ! 3:51.10 1995		Jay Cantin, St. Clair	
Name	Year	School	Finals
1	Douglas, Andrew	Northern Civ	4:09.8h
2	Poaps, Mike	St. Clair SS	4:11.2h
3	Cote, Jordan	St Christoph	4:11.9h
4	McCurry, Cory	Northern Civ	4:19.0h
5	Evers, Jack	St Christoph	4:19.3h
6	Cochrane, Paul	Northern Civ	4:20.4h
7	Reddy, Matt	St Christoph	4:30.2h
8	Hill, Mike	Sarnia Cits	4:32.0h
9	Gray, Brian	Sarnia Cits	4:34.4h
10	Campbell, Jake	North Lambto	4:41.0h
11	Page, Nathan	St. Clair SS	4:41.7h
12	VanLeerzem, Derek	Lambton Cent	4:46.6h
13	Townsend, Louis	Sarnia Cits	4:53.5h
14	Audette, Phil	Lambton Cent	5:00.0h
15	Bogaert, Craig	Lambton Cent	6:19.9h

Men 3000 Meter Run Senior

LSSAA: ! 8:47.60 1983		Harvey MITro, St. Patrick's	
Name	Year	School	Finals
1	Poaps, Mike	St. Clair SS	9:25.5h
2	Cote, Jordan	St Christoph	9:41.1h
3	McCurry, Cory	Northern Civ	9:50.8h
4	Snieder, Tim	Northern Civ	9:56.3h
5	Percival, Mike	St. Clair SS	10:02.5h
6	Douglas, Andrew	Northern Civ	10:23.6h
7	Evers, Jack	St Christoph	J10:23.6h
8	Gray, Brian	Sarnia Cits	10:53.3h
9	Campbell, Jake	North Lambto	10:59.9h
9	Maxwell, Alex	St. Patrick'	10:59.9h
11	Page, Nathan	St. Clair SS	11:10.6h
12	VanLeerzem, Derek	Lambton Cent	11:18.7h
13	Pasqual, Al	St Christoph	11:21.1h
14	Townsend, Louis	Sarnia Cits	11:34.0
15	Van Dyl, Ryan	Sarnia Cits	12:14.2h

Men 110 Meter Hurdles Senior

LSSAA: ! 14.80		Trevor Hall, SCITS	
Name	Year	School	Finals
1	Honig, Kevin	Northern Civ	14.9h
2	Drouin, Derek	St. Patrick'	14.9h
3	Dease, Craig	Sarnia Cits	15.4h

4	Buchner, Chris	Northern Civ	15.9h
5	Thorner, Joe	Northern Civ	16.4h
6	McClean, Kyle	St. Patrick'	18.9h
7	Cope, Dustin	St. Patrick'	19.4h
8	Helps, Chris	Lambton Cent	20.5h

Men 400 Meter Hurdles Senior

=====				
LSSAA: ! 54.90		1987	Mark Detailleur, Lambton Central	
Name	Year	School	Finals	H#
=====				
1	Drouin, Derek	St. Patrick'	59.0h	2
2	Dease, Craig	Sarnia Cits	1:00.4h	2
3	Buchner, Chris	Northern Civ	1:00.7h	2
3	Kiraly, Rob	Northern Civ	1:00.7h	2
5	Mondoux, Joe	St Christoph	1:01.2h	2
6	Cope, Dustin	St. Patrick'	1:05.2h	2
7	McClean, Kyle	St. Patrick'	1:07.7h	1
8	Hummel, Brian	Northern Civ	1:07.9h	2
9	Aberhart, Mike	Sarnia Cits	1:09.1h	2
10	Helps, Chris	Lambton Cent	1:10.5h	1
11	Cullis, Sam	St. Clair SS	1:11.0h	1

Men 4x100 Meter Relay Senior

=====				
LSSAA: ! 43.70		1987	St. Patrick's	
School	Year	School	Finals	H#
=====				
1	Northern C I & V S 'A'		44.1h	2
	1) Hopkins, Chris	2) Honig, Kevin		
	3) Kiraly, Rob	4) Keating, Justin		
2	St. Patrick's H S 'A'		45.3h	2
	1) Zandbergen, Matt	2) Leger, Norm		
	3) Cope, Dustin	4) Cicchini, Tyler		
3	St. Clair S S 'A'		46.3h	2
	1) Dundee, Chris	2) Purves, Jim		
	3) Smith, Mason	4) Robinson, Sean		
4	St. Patrick's H S 'B'		46.8h	1
	1) Murray, Brad	2) McClean, Kyle		
	3) Drouin, Derek	4) Buckle, Kyle		
5	Sarnia CI & TS 'A'		47.1h	2
	1) Brown, Cody	2) Dease, Craig		
	3) Thompson, Steve	4) Lounsbury, Ryan		
6	Lambton Central C & V I 'A'		47.4h	2
	1) Pelleboer, Brenten	2) Huey, Brad		
	3) Rainsberry, Criag	4) Bogaert, Brian		
7	Northern C I & V S 'B'		47.6h	2
	1) Hopkins, Tyler	2) Buchner, Chris		
	3) Hummel, Brian	4) Thorner, Joe		
8	Alexander MacKenzie Secondary 'A'		50.3h	1
	1) Bryce, Michael	2) Harris, Tory		
	3) Lindsay, Mason	4) Cameron, Kylian		
--	Northern C I & V S 'C'		DQ	1
	1) Chisholm, Mike	2) Glover, Adam		
	3) Veenkamp, Ryan	4) Slotwinski, Michael		

Men High Jump Senior

=====			
LSSAA: ! 2.06m		2006	Brad Huey, Lambton Cent
Name	Year	School	Finals
=====			
1	Drouin, Derek	St. Patrick'	2.00m
2	Kuskoff, Justin	St Christoph	1.85m

3 Huey, Brad	Lambton Cent	J1.85m
4 Collacott, Ben	St Christoph	1.80m
5 Murray, Brad	St. Patrick'	1.70m
6 Belanger, Tye	Sarnia Cits	J1.70m
7 Buchner, Chris	Northern Civ	1.65m
8 Thorner, Joe	Northern Civ	1.55m
9 Minielly, Randy	Lambton Cent	J1.55m

Men Long Jump Senior

LSSAA: ! 6.89m 2005		Rob Nickels, St. Clair SS	
Name	Year	School	Finals
1 Honig, Kevin		Northern Civ	6.69m
2 Huey, Brad		Lambton Cent	6.46m
3 Dease, Craig		Sarnia Cits	6.45m
4 Murray, Brad		St. Patrick'	6.31m
5 Kuskoff, Justin		St Christoph	6.13m
6 Lounsbury, Ryan		Sarnia Cits	5.57m
7 Cullis, Sam		St. Clair SS	5.56m
8 Pelleboer, Brenten		Lambton Cent	5.49m
9 Chisholm, Mike		Northern Civ	5.25m
10 Thompson, Steve		Sarnia Cits	5.23m
11 Minielly, Randy		Lambton Cent	4.90m
12 LaBarre, Andrew		Amss	4.81m
13 Nickels, Stephen		St. Clair SS	4.63m
14 Jiang, Alex		St Christoph	4.60m
15 VanKlaveren, Karel		St. Clair SS	4.50m
16 Lindsay, Mason		Amss	4.44m
-- Zandbergen, Matt		St. Patrick'	FOUL
-- Dennis, Pat		St Christoph	FOUL

Men Triple Jump Senior

LSSAA: ! 14.18m 2005		Rob Nickels, St. Clair SS	
Name	Year	School	Finals
1 Honig, Kevin		Northern Civ	14.39m!
2 Huey, Brad		Lambton Cent	12.85m
3 Murray, Brad		St. Patrick'	12.33m
4 Kuskoff, Justin		St Christoph	12.05m
5 Pelleboer, Brenten		Lambton Cent	11.94m
6 Dennis, Pat		St Christoph	11.66m
7 Thorner, Joe		Northern Civ	11.44m
8 Cullis, Sam		St. Clair SS	11.26m
9 VanKlaveren, Karel		St. Clair SS	10.57m
10 Nickels, Stephen		St. Clair SS	9.95m
11 Minielly, Randy		Lambton Cent	9.49m
-- Jiang, Alex		St Christoph	FOUL
-- Chisholm, Mike		Northern Civ	FOUL

Men Shot Put Senior

LSSAA: ! 17.60m 2005		Andy Ysebaert, Sarnia CITS	
Name	Year	School	Finals
1 Henry, Mike		St. Patrick'	14.46m
2 Szabo, Jamie		St Christoph	13.59m
3 Park, Dan		Lambton Cent	13.17m
4 Wilson, Brendan		Lambton Cent	12.61m
5 Rocca, Chris		St Christoph	12.23m
6 Shuter, Brian		Sarnia Cits	12.16m
7 Stymest, Colin		Northern Civ	11.94m

8	Butler, Cody	Lambton Cent	11.15m
9	Perron, Leith	Northern Civ	10.29m
10	Little, Sean	North Lambto	9.71m
11	Trim, Mike	St. Patrick'	8.76m
12	Webster, Duncan	St. Patrick'	7.94m
13	Phillips, Zach	Northern Civ	7.88m
--	Gower, Mike	St Christoph	FOUL

Men Discus Throw Senior

LSSAA: ! 56.81m 2002		Mike Marsh, Northern CIV	
Name	Year	School	Finals
1	Wilson, Josh	Lambton Cent	43.68m
2	Andersen, Chris	St Christoph	38.77m
3	Wilson, Brendan	Lambton Cent	38.24m
4	Perron, Leith	Northern Civ	35.45m
5	Platt, Mike	St Christoph	34.97m
6	Rocca, Chris	St Christoph	34.73m
7	Garbaty, Casey	Northern Civ	33.77m
8	Swan, Bryan	Lambton Cent	32.04m
9	Stymest, Colin	Northern Civ	29.90m
10	Shuter, Brian	Sarnia Cits	27.13m
11	Trim, Mike	St. Patrick'	23.00m
12	Maxwell, Alex	St. Patrick'	17.83m

Men Javelin Throw Senior

LSSAA: ! 64.12m 1969		Rick Dowswell, Sarnia Central	
Name	Year	School	Finals
1	Garbaty, Casey	Northern Civ	53.68m
2	Thompson, Steve	Sarnia Cits	47.00m
3	Stymest, Colin	Northern Civ	40.61m
4	Overholt, Kevin	St. Clair SS	40.57m
5	VanKlaveren, Karel	St. Clair SS	40.23m
6	Dennis, Pat	St Christoph	39.67m
7	Purves, Jim	St. Clair SS	39.12m
8	Ruffilli, Steve	St Christoph	38.38m
9	Rocca, Chris	St Christoph	35.76m
10	Pattenaude, Eric	Northern Civ	34.01m
11	Yacks, Aaron	Amss	22.04m
--	Goodacre, Jed	Lambton Cent	FOUL

Men 2000 Meter Steeplechase Open

LSSAA: ! 6:13.10 1987		Scott McLellan, St. Clair	
Name	Year	School	Finals
1	Cote, Jordan	St Christoph	6:33.0h
2	McCurry, Cory	Northern Civ	6:44.6h
3	Snieder, Tim	Northern Civ	6:50.5h
4	Percival, Mike	St. Clair SS	J6:50.5h
5	Hill, Mike	Sarnia Cits	7:07.7h
6	Schaefer, Jesse	Northern Civ	7:21.4h
7	Campbell, Jake	North Lambto	7:31.3h
8	Page, Nathan	St. Clair SS	7:33.4h
9	Maxwell, Alex	St. Patrick'	7:43.9h
10	Belanger, Justin	Sarnia Cits	7:49.2h
11	Helps, Chris	Lambton Cent	7:59.7h
12	VanLeerzem, Derek	Lambton Cent	8:06.7h
13	Gowen, Colton	North Lambto	8:25.4h
14	Borthwick, Alex	Sarnia Cits	8:40.7h

15 Aitken, Zac	North Lambto	9:03.6h
16 Audette, Phil	Lambton Cent	10:15.5h

Men 4x400 Meter Relay Open

LSSAA: ! 3:24.90 1992		Lambton Central		Finals	H#
School					
1	St. Clair S S 'A'			3:35.7h	2
	1) Poaps, Mike	2) Young, Kodey			
	3) Smith, Mason	4) Dundee, Chris			
2	Northern C I & V S 'A'			3:38.1h	2
	1) Lever, Mike	2) Hopkins, Chris			
	3) Douglas, Andrew	4) Keating, Justin			
3	St. Clair S S 'B'			3:43.9h	2
	1) Robinson, Sean	2) Coultres, Mitch			
	3) Percival, Mike	4) Bisson, Shaun			
4	St. Patrick's H S 'A'			3:44.2h	2
	1) Zandbergen, Matt	2) Leger, Norm			
	3) Drouin, Derek	4) Cope, Dustin			
5	St. Christopher S S 'A'			3:49.5h	2
	1) Nelson, Mike	2) Cote, Jordan			
	3) Reddy, Matt	4) Evers, Jack			
6	Sarnia CI & TS 'A'			3:50.5h	2
	1) Aberhart, Mike	2) Dease, Craig			
	3) Hill, Mike	4) Brown, Cody			
7	Northern C I & V S 'B'			3:51.6h	2
	1) Kiraly, Rob	2) Vosburg, Joel			
	3) McCurry, Cory	4) Honig, Kevin			
8	St. Patrick's H S 'B'			3:52.8h	1
	1) Mclean, Kyle	2) Maxwell, Alex			
	3) Buckle, Kyle	4)			
9	Northern C I & V S 'C'			3:56.9h	1
	1) Hopkins, Tyler	2) Asselin, Mathieu			
	3) Johnson, Kelly	4) Veenkamp, Ryan			
10	Lambton Central C & V I 'C'			4:15.3h	1
	1) Helps, Chris	2) Babcock, Greg			
	3) Sparks, David	4) Vandenberghe, Michael			
11	Alexander MacKenzie Secondary 'A'			4:17.5h	1
	1) Bruyere, Jeff	2) Bryce, Michael			
	3) Drexler, Jeff	4) Bryce, Riley			
12	Lambton Central C & V I 'B'			4:19.6h	1
	1) Pitel, Tanner	2) Limb, Kyle			
	3) McSorley, Duncan	4) Rate, Mitch			
13	St. Christopher S S 'C'			4:26.1h	1
	1) Gower, Mark	2) Yurkewich, Aaron			
	3) Galipeau, Cameron	4) VanKampen, Nick			

Men 100 Meter Dash Ambulatory

LSSAA: ! 13.90 2005		Brandan Kelders, MacKenzie, A		Finals	H#
Name	Year	School			
1 Cook, Andrew		Amss		13.8h!	1
2 Kelders, Brandon		Amss		14.1h	2
3 Obrien, Evan		Amss		14.8h	1
4 Flatley, Marty		Amss		15.3h	2
5 Karelsen, Kurt		Amss		15.8h	2
6 Daye, Cody		Amss		16.4h	2
7 Dehoey, Jeremy		Amss		16.5h	2
8 McLean, Darryl		Amss		18.9h	1
9 Westendorp, David		Amss		19.2h	2

Women - Midget - Team Rankings - 15 Events Scored

1) Northern C I & V S	154.50	2) Lambton Central C & V I	135.50
3) St. Christopher S S	126.50	4) St. Clair S S	58
5) North Lambton S S	54	6) St. Patrick's H S	43
7) Alexander MacKenzie Second	10.50	8) Sarnia CI & TS	2

Women - Junior - Team Rankings - 15 Events Scored

1) Lambton Central C & V I	142	2) St. Patrick's H S	130
3) Northern C I & V S	111	4) North Lambton S S	65
5) St. Clair S S	54	5) St. Christopher S S	54
7) Sarnia CI & TS	25		

Women - Senior - Team Rankings - 17 Events Scored

1) Northern C I & V S	189	2) St. Christopher S S	157
3) Lambton Central C & V I	110	4) Sarnia CI & TS	97
5) St. Patrick's H S	75	6) St. Clair S S	27
7) North Lambton S S	3		

Men - Midget - Team Rankings - 15 Events Scored

1) Northern C I & V S	152	2) St. Christopher S S	111
3) Lambton Central C & V I	98.50	4) St. Clair S S	89
5) Sarnia CI & TS	67.50	6) North Lambton S S	28
7) St. Patrick's H S	18	8) É.S. SAINT-FRANCOIS XAVIE	12
9) Alexander MacKenzie Second	8		

Men - Junior - Team Rankings - 15 Events Scored

1) Northern C I & V S	218	2) St. Clair S S	117
3) St. Christopher S S	63	4) Lambton Central C & V I	58
5) Sarnia CI & TS	51	6) St. Patrick's H S	45
7) Alexander MacKenzie Second	21	8) North Lambton S S	1

Men - Senior - Team Rankings - 15 Events Scored

1) Northern C I & V S	177	2) St. Christopher S S	105
3) St. Clair S S	102.50	4) St. Patrick's H S	83.50
5) Lambton Central C & V I	71	6) Sarnia CI & TS	45
7) Alexander MacKenzie Second	1		

Men - Open - Team Rankings - 2 Events Scored

1) Northern C I & V S	27	2) St. Clair S S	22
3) St. Christopher S S	14	4) Sarnia CI & TS	7
5) St. Patrick's H S	6	6) North Lambton S S	2